

# Aging with **GUSTO**

Igniting more positive views of aging

Our attitudes about aging have an impact on our quality of life, health and even longevity.

Join us for this **series of three sessions** to:

- **Examine your views** on aging and listen to the views of others.
- **Understand the influences** on your views, including the impact of widespread biases and misconceptions about people as they age.
- **Learn how to integrate a new, more positive narrative** about aging into your life.

**Three Mondays**

**April 30, May 7 and 14**

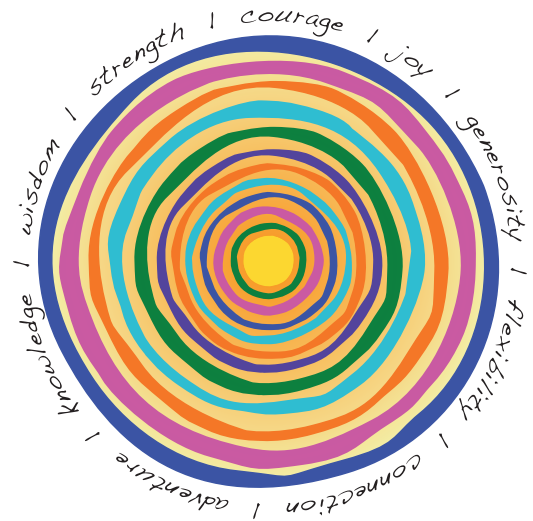
**1:00 to 3:00 PM**

**2nd Half with Lyngblomsten**

1415 Almond Ave

St. Paul, MN 55108

**Free and open to everyone.**



**Register at**

**651-632-5330** or

[2ndHalf@lyngblomsten.org](mailto:2ndHalf@lyngblomsten.org)

or register online at:

**Register**

[vital-aging-network.org](http://vital-aging-network.org)



**Vital Aging Network**

Sponsored by:

**2<sup>nd</sup> Half** with  
**Lyngblomsten**

Aging with Gusto is a program of the [Vital Aging Network](http://vital-aging-network.org)

A Center for Enriching Lives after 50