

# 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 Wednesdays**

**April 11, 18 and 25**

**5:00 to 5:30 PM - Light dinner**

**5:30 to 7:30 PM - Program**

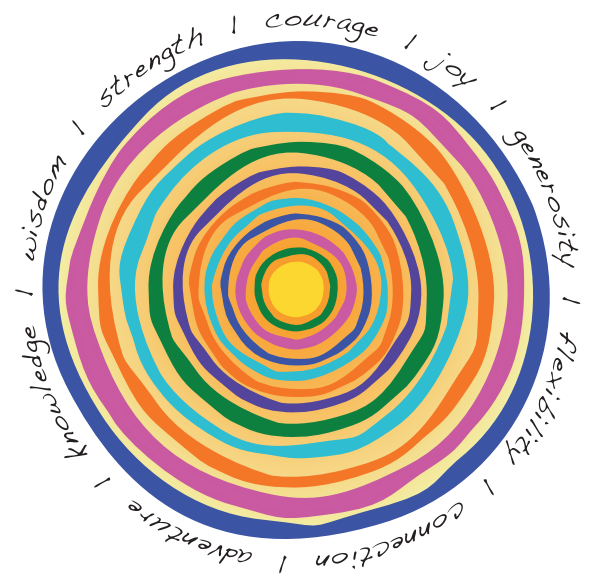


**Walker Methodist Hazel Ridge**

**2730 Hazelwood St.**

**Maplewood, MN 55109**

Free and open to everyone.



**Registration  
required by 4/6**

**Register now!**

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

or by phone at  
**Walker Methodist**

**651.209.7233**



**Vital Aging Network**

Sponsored by:



**Hazel Ridge**