

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
January 24, 31 and February 7
5:30 to 7:30 PM

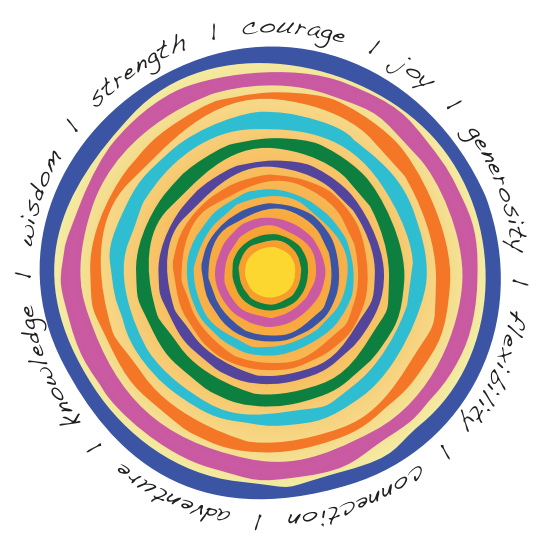
YMCA Woodbury - The Zone

2175 Radio Dr

Woodbury, MN 55125

This program is sponsored by the [YMCA in Woodbury](#)

Free and open to everyone.



To Register

Contact Woodbury YMCA

651-731-9507

or in-person at the Y

Register online at:

Register

vital-aging-network.org



Vital Aging Network

Aging with Gusto is a program of the [Vital Aging Network](#)

Sponsored by:

the

