

# 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 Tuesdays**

**November 28, December 5 and 12**

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

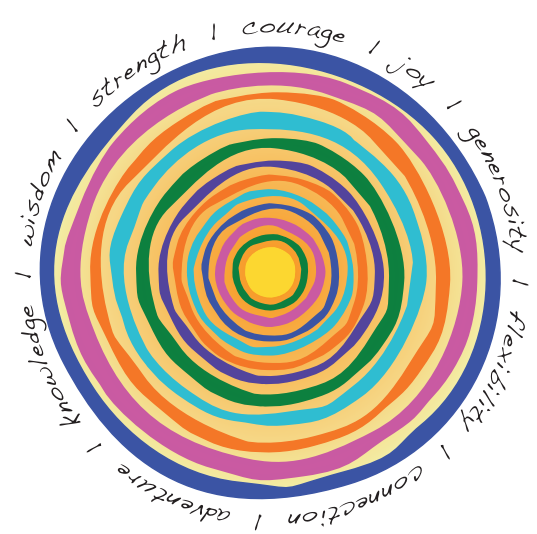
**Woodbury Central Park**

8595 Central Park Place

Woodbury MN 55125

This program is sponsored by the [YMCA in Woodbury](#)  
(Central Park is located next to the YMCA)

**Free and open to everyone.**



**To Register**

Contact Woodbury YMCA

**651-731-9507**

or in-person at 2175 Radio Drive

Register online at:

**Register**

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



Vital Aging Network

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

Sponsored by:

