

# insideout

a discovery workshop for boomers+

## Who are you now?

Join the Vital Aging Network for this fun workshop to explore what “may be.” We’ll help you engage with others around the idea of using your skills and talents and see yourself with new and expanded perspectives.

- Explore your purpose for this stage in life
- Examine what motivates you to act
- Connect with others who share your interest in growing and thriving.

This workshop gives you a taste of being a part of a high-energy network, and to learn about the Vital Aging Network’s eight-month Evolve: Re-igniting Self & Community program.

The Vital Aging Network, [vital-aging-network.org](http://vital-aging-network.org), is a Minnesota nonprofit that promotes self-determination, civic engagement and personal growth for people as they age.

**Wednesday, September 14**

6:30 to 8:00 PM

**Golden Valley Library Meeting Room**

830 Winnetka Ave N

Golden Valley, MN 55427

“We know what we are,  
but not what we may be.”

—William Shakespeare



**Register for September 14**

To register, visit [vital-aging-network.org](http://vital-aging-network.org)  
or contact Julie Roles at 651-893-3341  
[jroles@vital-aging-network.org](mailto:jroles@vital-aging-network.org)

To learn more about the Evolve class starting  
October 5 in Golden Valley, visit  
[vital-aging-network.org](http://vital-aging-network.org). Those who live, work,  
volunteer or recently retired from a business or  
organization in Golden Valley qualify  
for a discounted rate.

Program provided by:



**Vital Aging Network**<sup>SM</sup>

Program sponsored by:



[gvcfoundation.org](http://gvcfoundation.org)