



Vital Aging Network

LEARN ■ ENGAGE ■ LEAD

About Us

Are you interested in learning, connecting and making a difference? Be a part of the Vital Aging Network.

The Vital Aging Network promotes self-determination, civic engagement and personal growth for people as they age. We achieve those goals by providing education, leadership development and opportunities for connection.

- **Learn.** Keep up with what's going on in the world, add to your knowledge about vital aging or just experience the joy of learning. The Vital Aging Network provides opportunities to share your wisdom and learn from others at forums, community discussions and in classroom experiences.
- **Engage.** Staying connected is key to vital aging. The best way to connect is to get involved. We'll help you know how to be an active part of your community. The connections you find will add depth and dimension to your life and add value in your community.
- **Lead.** We all share responsibility for fostering environments in which people of all ages thrive. One way to focus your energies, build your skills and connect with an ongoing network of support is to participate in the Vital Aging Network's Evolve: Re-igniting Self & Community, a program that engages and expands the skills and experience of people 50+.

The Vital Aging Network is led by a board and task forces made up of people just like you—people interested in living vital lives and contributing to vital communities.

Become a part of the network!

Join the Network
visit vital-aging-network.org

(Click *Subscribe* on the upper right. It's free and will keep you connected and in the know!)



“In an evolving and sometimes challenging world, we need to take responsibility for creating our own vital lives. I encourage you to be a part of this exciting movement—for yourself and for those around you.”

—Nancy Eustis, Past-chair, Vital Aging Network



Vital aging . . .

is a lifelong process of achieving potential, creating meaning and enriching life through contributions and connections in community.

How can you connect?

VAN Forums

Want to learn something new? Get together with interesting people? VAN Forums cover topics as varied as boomers and civic engagement, creativity, stay connected and healthy and building bridges with diverse communities. The Vital Aging Network holds forums at various locations throughout the Twin Cities and Minnesota.

Aging with Gusto

Negative stereotypes of aging become self-perceptions later in life. These negative views often operate below awareness, yet they have a dramatic impact on quality of life, health and even longevity. Aging with Gusto provides opportunities to examine your views about aging, understand the influences on your views and become an ambassador for a new and more accurate narrative about aging.

Volunteer Engagement and Community Leadership

Wellness 50+ and Evolve: Re-igniting Self & Community help you find your unique path to making a contribution and develop the skills and connections you need to be successful. If you are looking for a short-term or project-based volunteer opportunity, look to VAN to help you learn about options and find a good fit.

e-Bulletin and Website

Want to stay in touch with the latest news and ideas about vital aging? The Vital Aging Network's e-Bulletin is a great source. In addition to original articles by local leaders, you will find information about upcoming events and highlights of current volunteer opportunities.

“Evolve helped me take my dreams beyond the talking stage. The supportive classroom environment put wind beneath my wings.

—Evolve participant

vital-aging-network.org

For information contact:

Vital Aging Network ■ Saint Paul, MN ■ 651.226.9578 ■ info@vital-aging-network.org