

Being Mindful: Living in the Present

Self-Compassion

Forgiveness

Life Review

Grieving our Losses

Leaving a Legacy

Our Aging Body: Self-Care

End-of-Life Planning

Connecting to Self, Others, the World: Overcoming Isolation

Death Makes Life Possible

A Life Complete

Letting Go: Impermanence

Creating a New Vision of Aging

Dancing with Life As We Age

An Introduction

Fridays, February 1—March 22, 10 a.m.-12 p.m.

Suggested donation is \$1.00 per session

Mount Pleasant Neighbourhood House
800 East Broadway, Vancouver
Unceded Coast Salish Territory

www.mpnh.org

This is an eight-week discussion group for adults 55 years and older. Together we will explore beliefs, stereotypes and assumptions about aging; reflect on what gives meaning to our lives; and develop skills to deal effectively with whatever arises as we age.

In the first session we will decide together on the topics to be covered.

To register please contact:

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Neighbourhood House**