



AGE SENSE WORKSHOP

PLACE: Aldersgate United Methodist Church
San Rafael, CA.
DATE: March 15, 2015
TIME: 1:00 pm – 2:30 pm

Please save the date and plan to join us for an educational and enlightening experience. Light refreshments will be served.



This workshop is for all age groups where we can take time to learn more about aging, including our role in addressing ageism, overcoming stereotyping, and encouraging more positive attitudes about aging. Together we will explore our own attitudes about aging, dispelling myths and learning facts, understanding the sensory

impairments that may be a part of our aging process, and the resources available in the community to support us as we age.



Facilitator: Eileen Barsi, Gerontologist.



Please let your Ruth Barstow know by March 8, 2015 if you will be attending. We need to have enough supplies. Hope you can join us!!!