

# The Heart of Aging with Joy, Resilience, and Wisdom

## A Workshop Series

Wednesdays,  
Oct. 23 and 30th  
10:00AM to 1:00PM

Oasis/Grossmont  
Center

**Class #469**

Fee: \$40

*What's your vision of aging?*

*Do you see aging as a journey of decline or one of exploration and possibility?*

*A new vision of growing older embraces aging with curiosity, creativity, courage, a continuing desire to learn and grow, and respect for the powerful wisdom of our years. Join us as we explore these dimensions of aging. Discover a deepening joy and reflect on where aging is calling us now. Experience a community of mutual support as we discuss meaning, resiliency, and giving back our gifts and wisdom.*

**Facilitators:**



**Virginia Berger, MA, Certified Retirement Coach, Conscious Aging Facilitator**



**Gail Braverman, MA, LMFT, and Certified Sage-ing Leader**