

Your Power to Renew Your Life™



Helping Seniors Navigate Their Future

Presents

Lunch and Learn Series: Your Power to Renew Your Life™

When: Monday, May 23, 2016
from 11:30 a.m. - 1:15 p.m.

Where: Aging in Paradise Resource Center
2nd floor, Longboat Island Chapel
6200 Gulf of Mexico Drive,
Longboat Key, FL



Julie Cook Downing
Caregivers' Comfort Creations, LLC

Lunch and Learn participants know so well that Seniors are living longer and in better health than previous generations. Your longer lives bring with them many more challenges both today and in the future.



This highly interactive session will recognize your Powers and Strengths and Renew your innovative abilities and passions so that you "Age Well and in the Right Place."

Participants attending will:

- * Share their challenges and express gratitude for their resolutions within a welcoming and interactive environment.
- * Work individually and in groups to complete several Wheels of Power that highlight their Powers to make a difference and thereby even more fully appreciate their capabilities as they age.
- * Recognize new Powers and Strengths that will create a level of excitement in returning to life after this Lunch and Learn!

Fee for the class is \$10.00. Lunch is included!

RSVP to Mary Ann at 941-383-6493.

For more information, contact Donna Dunio, Executive Director, Aging in Paradise Resource Center
Phone: 941-383-6493, Email: donnadunio@aginginparadise.org or go to www.aginginparadise.org

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