



Aging with **GUSTO**

Having a positive view of aging and living our lives "with gusto" make it a lot easier to have healthier, happier years ahead. Let's talk together about which values and key contributors we want to draw on to lead the most meaningful, satisfying lives we can. We'll also look at how ageism impacts us - sometimes in surprising ways - and how we can respond smartly. Trained facilitators will guide the discussion, offering thought-provoking ideas and questions to stimulate personal discoveries and small-group conversations.



September 2023

Aging with Gusto Series

Three Mondays:

September 11, 18, and 25

1:00—2:30 PM

*Presented through a partnership between
the Arrowhead Area Agency on Aging
and Care Partners of Cook County*



- **Free and open to all**
- **Pre-registration required**

Register via phone at (218) 387-3788

Or online:



bit.ly/agingwithgustograndmarais

Classes will be held in person at
Grand Marais Hub/Senior Ctr
10 Broadway, Grand Marais

