



Kyrie S. Carpenter

PLAYful Aging: Becoming More Curious Than Afraid

Aging is inevitable, fear is preventable. We know that resisting aging increases suffering. But in our anti-aging culture, many Americans never learn how to age. Aging consultant and coach, Kyrie S. Carpenter created the P.L.A.Y. Method to help change that by offering a new perspective on aging as an aspect of life to be embraced. Her interactive talk will reveal the limitations of our conditioned beliefs and show us how to cultivate skills that increase the quality of life as we age. Learn more about Kyrie at www.Kyrieosity.com.