

Connections for Healthy Aging Workshops

Coming to you now with more choices and formats

Staying healthy and engaged is no easy matter these days.
But with a little help from our friends, neighbors, and families,
we can be informed and empowered to do just that!

We are still hosting our signature four week Connections for Healthy Aging Workshop (3 hours each week) at key points throughout the year.
And we now offer **mini-presentations and discussion (1 or 2 hours)**
chock full of information gathering and giving.

The Empowered Elder “To Do List” is our basic session and can be coupled with mini-workshops on:

- The Lifesaving “Vial of Life”
- Protecting Our Rights in a Hospital Stay
- Strategies to Finish Your Advance Directive
- Building Your Personal Support Safety Network
- Coping with Grief and Loss
- Finding Ways to Have More Fun

Consider inviting us to your existing groups or meetings for a taste of how we facilitate a peer-based model of learning/teaching/learning. We can also schedule a special session based on your needs and interests.

For more information, contact Marcia Peterzell at 415-359-1816
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Aging and disability-friendly communities start with you



**COMMUNITY
LIVING CAMPAIGN**

*Transforming Lives by Building Aging
and Disability Friendly Neighborhoods*

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