## AGE & WISDOM

## SUPPORT GROUP

**Week 1 Topic Discussion** 

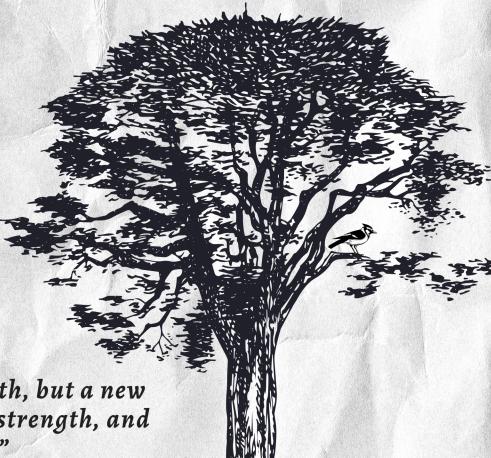
Week 2
Brain Activities

**Week 3 Lively Exercises** 

**Week 4**Resource Sharing

"Aging is not lost youth, but a new stage of opportunity, strength, and growth..."

Sharing accumulated life experiences in a **Peer-led** group setting



**Tuesdays 9:30am - 10:30am** 



Innovations Community Center

Mon - Fri <u>8:00am</u> - <u>2:00pm</u> Or by appt.





