

# AGE & WISDOM

## SUPPORT GROUP

### Week 1

Topic Discussion

### Week 2

Brain Activities

### Week 3

Lively Exercises

### Week 4

Resource Sharing

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



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

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



**INNOVATIONS COMMUNITY CENTER**

3281 Solano Ave Napa, CA • (707) 259-8692

Mon - Fri 8:00am - 2:00pm  
Or by appt.

