**A 4-week experience**

**AGING GRACEFULLY AND GRATEFULLY**

Lessons Learned: My story's not done

**Discussion Topics**:

Major Life Changes Life Lessons

Self Care

Life Purpose Ageism

Reflection

Fridays 1:30-2:30

January 5, 12, 19, 26,2024

The Jamestown Senior Center - downstairs Cost: $40 for the series

**Facilitator: Diane Westerman,MA**

RSVP: **Molly at 401 423-9804**