



**LEARNING
HOW TO AGE®**

Bear one another's burdens and so fulfill the law of Christ

Galatians 6:2

FALL SESSION OCTOBER 15–NOVEMBER 16

TEN LESSONS

60-75 minutes.
Building skills for the future that support independence and autonomy

FIVE WEEKS

Meeting two times a week to sustain social interaction and camaraderie

ONE RESULT

Optimism, confidence and sharpened awareness

OUR STORY

The question wasn't about whether or not aging exists, but about how we respond to aging. We must pursue aging with vigor, because it is certainly pursuing us. There is a better response to aging than resignation. To emphasize this point the word "how" became an acronym which resulted in the three pillars upon which Learning H.O.W. to Age® rests:

Honor the past

Learning H.O.W. to Age® honors each participant's past by encouraging incorporation of their knowledge.

Open to the present

Cultivating mental curiosity, Learning H.O.W. to Age® sparks excitement about what each new class will reveal

Welcome the future

Using new skills and the benefits that come with Learning H.O.W. to Age®.



CONTACT US

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