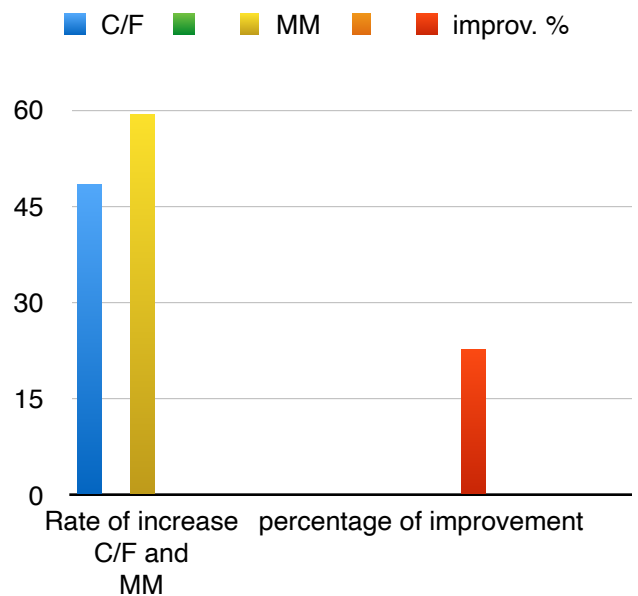
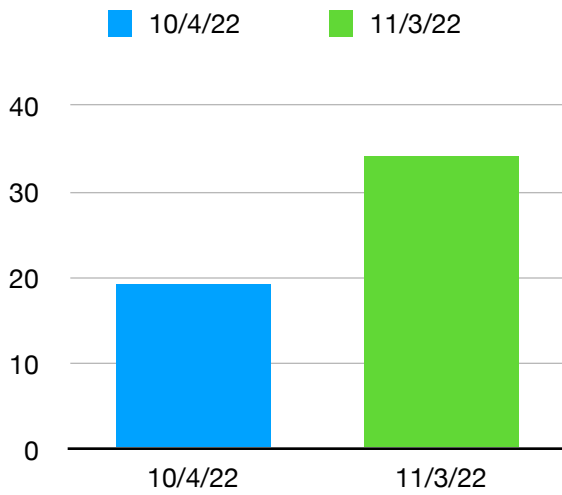


On Tuesday, February 21st at 10am at St. Paul United Methodist Church, 2000 Douglas Blvd in McAdams Hall, St. Paul Adult Ministry for Seniors and Expressive Avenues: Wellness will sponsor another introductory class using the holistic program Learning HOW to Age®. For 5-7 weeks, twice a week, adults aged 65 and over meet for an hour to learn games and exercises to develop skills for mental flexibility, physical perception and kinesthetic awareness- 3 areas of wellness neglected in other wellness programs and of paramount importance as we age. The wellness class is limited to 10 participants to 1 facilitator. Angie Dortch facilitates this group. A typical lesson includes a warm up, introduction of a new game or training, practice of a previously introduced activity and a post lesson discussion. President of SPAMS, Glenda Young thinks an opportunity such as this is beneficial to everyone, but especially those active aging adults. Each participant gave a recorded testimonial about the benefits and challenges of the class. Their testimonials are on the website [www.learntoage.org](http://www.learntoage.org) now, just choose “testimonials“ from the menu.

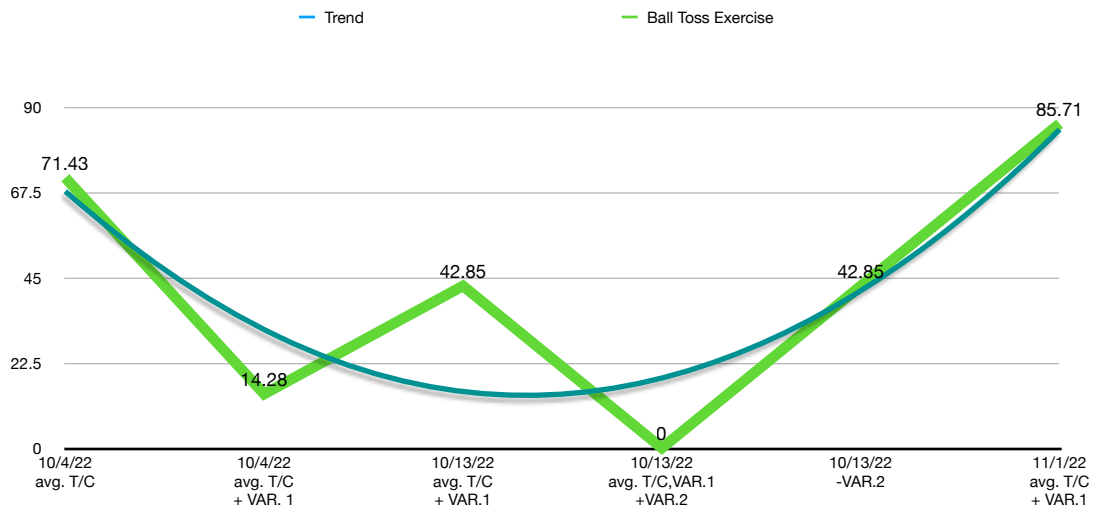
The data from the fall class has surpassed expectations with 11.84% increase in kinesthetic awareness:





77% increase in physical perception:

and a whopping  
199.93%  
increase in  
mental flexibility:



Having a growth mindset is critical for retirees, but that attitude may not come naturally, regardless of age. Learning HOW to Age® offers a challenging path and helps develop a growth mindset.

The social interaction and connection of a group of people dedicated to that challenge was the number one comment from the participants. A small group with a ratio of 10/1 encourages a "team" atmosphere. A shared goal infuses the group with a spirit of teamwork and allows for time and space for discovery. That is the essence of Learning HOW to Age® at any age. Stay curious. Challenge long held beliefs. Benefit from earned wisdom. "Bear one another's burdens, and so fulfill the law of Christ"- Gal.6:2

There is NO cost to participants for the introductory class. To register for the February class contact Glenda Young at 502-416-2657 or 502-742-1022. For more details contact [angie@learntoage.org](mailto:angie@learntoage.org) or visit the website [www.learntoage.org](http://www.learntoage.org)