

## No-Cost Classes!



## Guided Autobiography Workshops

**Orientation: Thursday, June 7**

**10:00 a.m. — 11:00 a.m.**

**Workshops: Thursdays, June 14, 21, 28**  
**& July 5**

**10:00 a.m. — 12:00 p.m.**

*Are you looking for a way to make a record of your life story? Guided Autobiography (GAB) is a process that helps you recall and record the significant moments of your life. Through this interactive class experience, you will learn the tools for writing your own life story. GAB includes:*

- ◆ A four-week class with new life story topics assigned each week
- ◆ Sharing life stories with fellow class participants
- ◆ Instructor trained by Birren Center for Autobiographical Studies
- ◆ Returning students welcome!



**ONEGeneration Senior Enrichment Center**

**18255 Victory Blvd., Reseda, CA 91355**

**For more information or to sign up:**

**Call 818-705-2345**

 **volunteer**  
**action for aging**  
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