

No-Cost Classes!



Guided Autobiography Workshops

Orientation: Friday, February 21

@ 1 p.m.— 2 p.m.

**Sessions 1 –4: Fridays, February 28,
March 6, March 13, & March 27**

@ 1 p.m.—3 p.m.

Location: ONEgeneration Senior Enrichment Center

18255 Victory Blvd. Reseda CA 91335

Are you 55+ and 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



Please see Jenna Hauss or front desk to sign up.