



Aging with Gusto

The Vital Aging Network (VAN) promotes self-determination, civic engagement, and personal growth for people as they age. Aging with Gusto is a program of VAN.

What is Aging with Gusto? It is...

- Seeking well-being and satisfaction
- Being aware of the challenges and benefits of aging
- Keeping a positive perspective on aging
- Living our best lives
- Embracing every stage of life

There are **two offerings** within Aging with Gusto: *Aging with Gusto* and *Confronting Ageism*.



1

Aging with Gusto Discussions

A set of three facilitated, interactive discussions to ignite positive perceptions of aging and help people develop pathways to create a more accurate and comprehensive narrative about what it means to age. Each discussion focuses on a specific topic:

- What contributes to your aging with gusto?
- How can you recognize and respond to ageism?
- How can you use your values and goals to live a life with gusto?

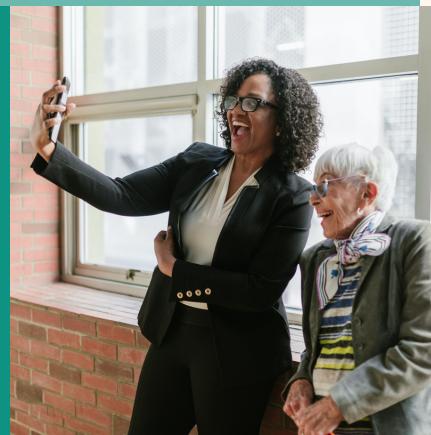
The series is held across 3 weeks with one 90 minute session per week. Other options for timing can be arranged upon request.

2

Confronting Ageism Workshop

The Confronting Ageism workshop provides a forum for people to raise their awareness about ageism and its impact on older adults and the community as a whole. This interactive workshop helps participants identify ways to address ageism in their professional and personal lives.

This workshop can be held in one 2 hour session or at a customized length that best fits your organization's needs and interests.



Both offerings are co-led by trained facilitators and may be held in-person, depending on location, or via Zoom. To bring Aging with Gusto and/or Confronting Ageism to your organization or community, please contact Jan at 651-999-9908 or JanCunninghamAWG@gmail.com