

***Our attitudes about aging have an impact on our quality of life, health and even longevity.***

The ***Aging with Gusto*** program, presented by **Vital Aging Network**, is a series of three sessions designed to ignite a more positive view of aging. And there's never been a better time. More and more people are living to 100—and they're doing so with more “gusto” than ever.

**Join us three Mondays this Fall**

September 9, 16 and 23

1:00 to 3:00 PM

Light refreshments will be served.

**Ecumen North Branch**

5379 383rd Street

North Branch, MN 55056

***Free and open to everyone.***

***Registration is required.***

**Questions about Aging with Gusto?**

Contact Sally Brown, Aging with Gusto

Facilitator, 651-644-4862.



# Aging with **GUSTO**

**Convenient Online Registration**

Use the registration button

**Register**

Or go to <https://tinyurl.com/y3u6anju>

**Questions?**

Contact Amanda Stiles

[amandastiles@ecumen.org](mailto:amandastiles@ecumen.org)

651-829-7182



**Vital Aging Network**

<http://vital-aging-network.org>

[info@vital-aging-network.org](mailto:info@vital-aging-network.org)