

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.



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
651-829-7182

Questions about Aging with Gusto?

Contact Sally Brown, Aging with Gusto
Facilitator, 651-644-4862.

 **ECUMEN[®]**
North Branch



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