



Living Better After 50!

Featuring Rosemary Greyshock & Charleen Earley

Workshops on ...

- Dancing
- Brain Health
- Tai Chi
- Meditation
- Laughter
- Travel
- Gardening
- Fitness
- De-Cluttering
- Resource tables

and more!

Keynote speakers and local celebrities Rosemary Greyshock (radio personality) and Charleen Earley (writer, teacher and comedienne) will inspire us to think about our goals and give us the tools to take active steps towards reaching them!

"Follow Your Dreams"

Hosted by East County Senior Coalition, Area Agency on Aging & Pittsburg Adult Education Center

Saturday, March 24, 2018

8:45 a.m. to 4:00 p.m.

Includes Light Breakfast, Lunch & Raffle!

Black Diamond High School

1131 Stoneman Avenue, Pittsburg, CA



Scholarships available!



Reservation form on reverse

Call 925.473.2400