



Community Speaker Series: *Living Well, Dying Well*

Letting it Go, Letting it Grow

Creating vision and space for your *whole* life

Saturday, February 16th

9:30 a.m. – 2:30 p.m.

- *Opening Remarks* by Fr. Jack Walmsley
- *Setting the Stage* with Donna Oiland, Radiant Joy Ministries
- *Exhibitor Introductions*
- *Program and Interactive Workshop* with Rebecca Crichton
- **Lunch**
- *Pulling it all Together and Practical next Steps*

Our Lady of Guadalupe Church
7000 35th Ave SW — Walmsley Hall

The New Year is often a time for clarifying our values, getting organized, cleaning and downsizing. It's also a wonderful time to take inventory of financial affairs and planning. This workshop will help you clarify your priorities, purpose, personal mission and values, and develop a thoughtful plan.

Fr. Jack Walmsley, Rebecca and Donna will inspire, engage and entertain you with their insight into — creating the "WHY", the inspiration, and the "HOW" for creating a vision and space for your *whole* life.

All are Welcome!

- Exhibitors onsite to connect you with resources
- Coffee, Refreshments and lunch
- \$10 donation suggested



Rebecca Crichton
E.D. NW Center for Creative Aging

"Rebecca facilitates groups and workshops related to Positive Psychology and Creative Aging at venues in the Seattle area. She shares what she has discovered that works to help adults sustain their vitality, and find purpose and pleasure in a life well-lived."



Fr. Jack Walmsley
Pastor at Our Lady of Guadalupe Church



Donna Oiland
Radiant Joy Ministries



RSVP and for Questions/Directions: Marion Kari at 206-935-0358