

Aging in Style: *A fashion workshop to explore your personal style*

Session 1: Sept. 5, 11:30 am –1:30 pm

Concepts and Self-Awareness

- The role of fashion in self-image.
- How age affects body shape and size.
- Ageism in the marketplace.
- How to maintain or change personal themes.
- Explore color and style using Carole Jackson's *Color Me Beautiful*.

Session 2: Sept. 12, 11:30 am –1:30 pm

Colors, Patterns, Resources

- Define your personal color and design styles using markers, and fabric and paper color swatches.
- Explore shops, brands, websites, and other resources that cater to our age group.
- A clothing exchange and possibly a "Fashion show" to tie it all together!



Facilitators:

Juliet Rothman, PhD, MSW is a social worker specializing in cultural and ethical considerations in aging. She has practiced in long-term care settings for 25 years, taught at the National Catholic School for Social Service in Washington, D.C. for 8 years, and has recently retired from 15 years of teaching at UC Berkeley's School of Social Welfare.

Melanie Grossman, PhD, LCSW is a licensed social worker who has worked with the Institute on Aging's Friendship Line for the past 10 years, and in the field of aging for 25 years.



Meet at Cornerstone Trinity Baptist Church

480 Teresita Blvd, SF
between Gaviota Way
& Arroyo Way

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