

# COMING IN FEBRUARY!

# FREE

# AGING 360 WORKSHOP

**Can my home grow old with me and keep me not only safe but also comfortable and happy?**

***At Home With Growing Older***, a Bay Area nonprofit, has developed this workshop for seniors who want to learn how to make the most out of their homes as they grow older and want to live on their own terms with as much independence as they desire. This workshop is free of charge and sponsored by the ***Community Living Campaign***.

**Time:** 10:30 am to noon, Friday 2/16, 2/23, 3/2.

**Location:** St. Francis Square, Social Hall, corner of Western Shore Lane and Lottie Bennett Lane, near Geary and Laguna

**How to register:** Register by calling or emailing Betty Traynor at # (415) 931-1126 or email [btraynor@att.net](mailto:btraynor@att.net). This workshop is open to participants 55 +. Participants have to attend all sessions to receive a certificate of completion. Light refreshments will be served.

Participants will learn what age-friendly design is and what they can do to make their home work better for them. Even though there are things which work for everybody, participants will also look at their individual preferences/needs and learn how to make their home work as best as it can for THEM!

