



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

**Session 1:** Nov. 20, 10:30am

## *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:** Dec. 4, 10:30am

## *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 St. Finn Barr's Catholic Church**

415 Edna Street,  
SF, CA 94112

**Contact:** Olivia Franco at 415-821-1003 ext. 121  
Email: [olivia@sfccommunityliving.org](mailto:olivia@sfccommunityliving.org)



[www.SFcommunityliving.org](http://www.SFcommunityliving.org)



Follow Community Living Campaign  
on Facebook:

[www.facebook.com/CommunityLivingCampaign/](https://www.facebook.com/CommunityLivingCampaign/)