The POWER of Aging

A year-long lecture series that will inspire and motivate you to live your best life.

Meets once per month:

Tuesdays • 9:15-10:15am
FSP Boardroom

Imagine a uniquely individualized journey in which you can discover and uncover the basic physical, emotional, cultural, and social needs which the aging experience challenges you with on a daily basis. Life can be exciting, purposeful and meaningful!

Mark your calendar for these 2018/2019 Tuesdays:

October 9    “Important Life Conversations”
November 13  “Making the Most of Every Day”
December 4   “Exploring the Healing Benefits of Creating Art”
January 15   “SWEET DEFEAT: Control Your Cravings For Sweets Before They Control You”
February 12  “What’s Love Got To Do With It?”
March 12     “The Art of Giving: What Are the Gifts You Bring to this World?”

A collaborative program between LJCC’s Senior & Adult Department and First Hand Success’ Lorrie Klemons, RN, MSN

QUESTIONS?
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This program is funded (in part) with a grant from: