



**KEYS TO
EMBRACING
AGING**

***Keys to Embracing Aging* is an interactive self-care program that will help you meet your personal goals!**

Throughout the program, participants will explore strategies to embrace aging and practice habits that will help you get the most out of each stage in life!

Adults – individuals, couples, families, and caregivers – are encouraged to participate in the year-long program. The program is facilitated by Post Rock District Extension Agents.

Downs Senior Center

11:00 – 11:45am

Join us on the **Second Wednesday of the Month** (April 2017 – March 2018) No need to RSVP, but participation in the entire series is highly encouraged.

Save the Date for the Spring/Summer Meetings:

April 12

May 10

June 14

July 12

August 9

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