

CONSCIOUS AGING



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An 8-Session Class beginning on Thursday, September 7th

Meets 4-5:30PM Every Other Thursday — Sept. 7, 21, Oct. 5, 19, Nov. 2, 16, 30, Dec 14

"Aging is not lost youth but a new stage of opportunity and strength." —Betty Friedan (1921-2006)

We invite you to join us for a Conscious Aging class. The class will focus on listening to our inner wisdom and guidance, reflecting, writing and sharing in intimate conversation circles, and listening to the collective wisdom of the small group.

Topics Include:

- Introduction to Conscious Aging
- Forgiveness
- Transformative Practices
- Surrender – Letting Go
- Self-Compassion
- Life Review
- Death Makes Life Possible
- Creating a New Vision of Aging

Classes held at: Hospice SLO County, 1304 Pacific Street, San Luis Obispo
There is a one-time workbook fee of \$10 collected in advance



ROSLYN STROHL, LMFT
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Certified IONS
Conscious Aging Facilitator



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Certified IONS
Conscious Aging Facilitator



HOSPICE
SLO COUNTY
A Volunteer Hospice

For more information or to register:
(805) 544-2266 or www.hospiceslo.org
Free parking — lot in back and on street
1304 Pacific Street | San Luis Obispo, CA 93401