



Join us for a free workshop that will deepen your understanding of positive aging.

Positive Aging: Health of Mind, Body and Spirit
October 16
9 a.m. to 12 noon
Jewish Federation of Western Connecticut
Southbury, Connecticut
Register by Oct. 12

We hope that you take away some new ideas to make your workplace a hub of positive aging.

The training will:

- Examine the effects of loneliness, connection with others, social determinants and aging stereotypes on health, longevity and quality of life.
- Review innovative programs such as the Aging Mastery Program® and evidence-based wellness workshops that help older people take greater control of their health and their lives.
- Explore a variety of approaches for creative expression and personal enrichment.

Participants will have the opportunity to share their own successful methods of fostering healthy aging and challenging negative age stereotypes.

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This is the second of three workshops in the Engaging Aging series. The last one is November 6 (A New View of Dementia).

All workshops:

- Are free and open to professionals working with older people and to gerontology students
- Require advance registration
- Include breakfast beginning at 9:00 a.m.

Pathways for Older Adults of Connecticut Community Foundation offers the workshops in partnership with Donna Fedus (Gerontologist and Founder, Borrow My Glasses), Jade Stolz (Executive Director, Jewish Federation of Western Connecticut), and Dianne Stone (Director, Newington Senior and Disabled Center)

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