

# Aging with **GUSTO**

Igniting more positive views of aging

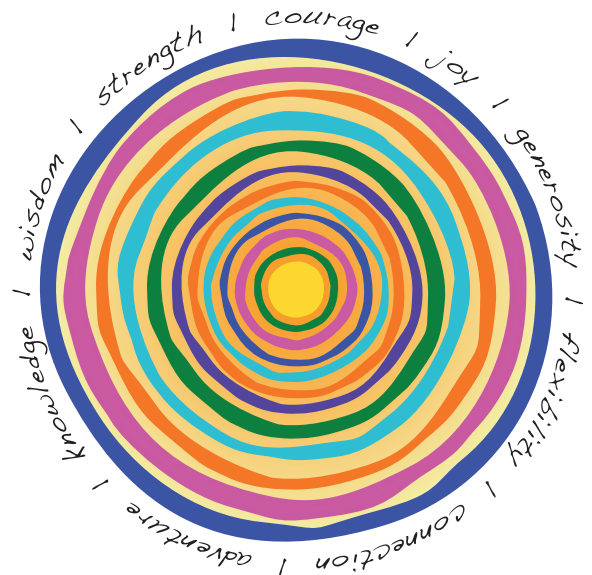
**Our attitudes about aging** have an impact on our quality of life, physical and mental health and even longevity.

Join us for this series of three sessions to examine your views on aging. Together we will build a more positive and accurate narrative of what it means to age.

**Three Mondays**  
**July 23, 30 and August 6**  
**1:00 to 3:00 PM**

**HealthPartners Neuroscience Center**  
295 Phalen Blvd  
St Paul, MN 55130  
***Free and easy parking***

*Thanks to **HealthPartners** for making this state-of-the-art facility available for our use. Come and see it!*



**Questions?**

Contact Julie Roles

[jroles@vital-aging-network.org](mailto:jroles@vital-aging-network.org)

651-895-3341

**Register**

Click above to register online at  
visit [vital-aging-network.org](http://vital-aging-network.org)

**Free and open to everyone.**  
**Registration required.**



**Vital Aging Network**

[vital-aging-network.org](http://vital-aging-network.org)