

Aging with **GUSTO**

Igniting more positive views of aging

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

Join us for this series of three sessions to:

- Examine your views on aging and listen to the views of others
- Understand the influences on your views, including the impact of widespread biases and misconceptions about people as they age
- Learn how to integrate a new, more positive narrative about aging into your life

Join us for this **series of three** engaging discussions led by the Vital Aging Network.

Three Tuesdays, June 5, 12 and 19

1:00 to 3:00 PM

AARP Information Center

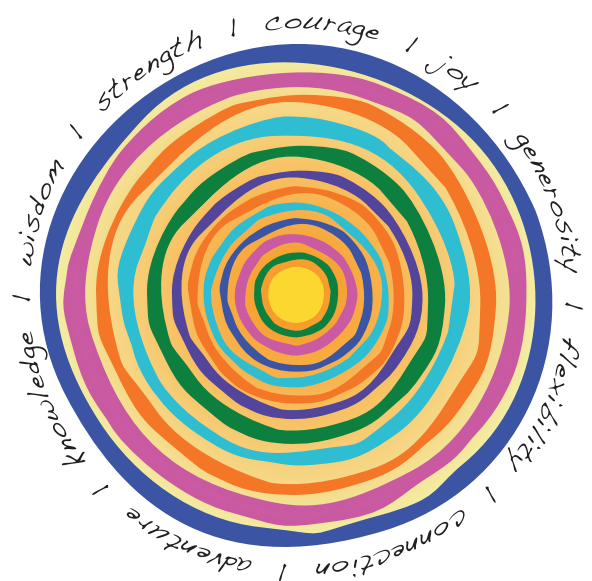
Mall of America

228 West Market, Bloomington, MN 55425

Park in West Parking Ramp (Hawaii-Yellow-Pineapple)

[More about finding the center](#)

Free and open to the public



Questions?

Contact Patti Foster

pfoster@aarp.org

651-726-5653

Register

Register at

vital-aging-network.org or
call AARP at **1-877-926-8300**



Vital Aging Network

AARP[®]
Real Possibilities