

Aging with **GUSTO**

How we think about aging affects our lives

Our attitudes around aging have a dramatic impact on quality of life, health and even longevity. Stereotypes about older adults often become negative self-perceptions later in life.

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.

Three Wednesdays, Aug 23, 30 and Sept 6

5:00 to 5:30 PM - Check-in and Light Dinner

5:30 to 7:30 PM - Program

Walker Methodist Levande [website](#)

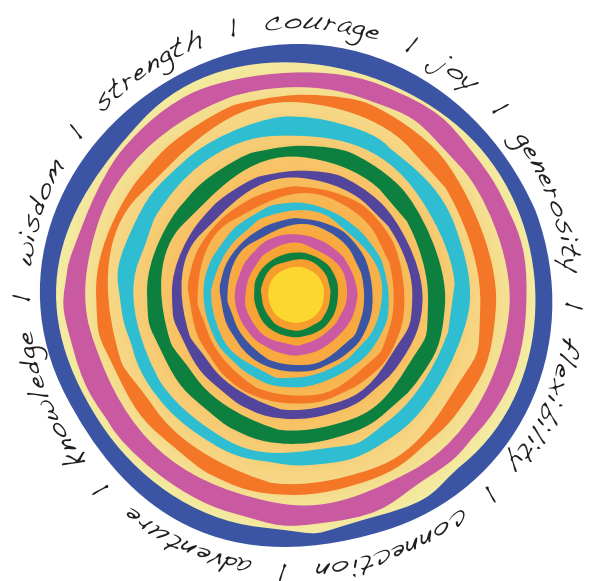
Welcome/Leasing Center

City Center Mall, Suite 178

140 Buchanan Street North

Cambridge, MN 55008

Free and open to the public; registration required



Questions?

Contact Julie Roles

jroles@vital-aging-network.org

651-895-3341

Register

Register at

vital-aging-network.org



Vital Aging Network



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Aging with Gusto is a program of the [Vital Aging Network](http://vital-aging-network.org)