

## 2011 Adult Workshop & Lecture Series Carlsbad Senior Center

### Workshop & Lecture #3:

#### **Aging Gracefully with Purpose**



Aging gracefully is a process of discovering our maturity and the value of our experience and wisdom that comes from lifelong learning, curiosity, optimism and creativity. When entering the next chapter of life, Baby Boomers continue to reinvent themselves, and redefine aging, retirement and social norms. With 10 to 20 more years of healthier, vital living and post-career ahead of them, many Baby Boomers are exploring the wonders of growing old, and are focused on establishing aging as the next positive life experience. Join us as we explore why Boomers believe the best lies ahead. Learn and discuss how others are defining aging and ways they have found to Age Gracefully with Purpose.

#### **Location:**

City of Carlsbad  
Senior Center

799 Pine Avenue Carlsbad, CA 92008-2428

#### **Cost:**

**Free** admission, but seating is limited.

Reservations are recommended; call 760-602-4650.

#### **Date & Time:**

Wednesday, June 29 from 6:30 to 8:30 p.m.