Group Exploration and Reflections on

CONSCIOUS AGING

At this workshop:
• Explore beliefs and assumptions about aging
• Develop self-compassion
• Reflect on what has given heart and meaning
• Enhance connection

8 Sessions:
- Introduction to Conscious Aging
- Self-Compassion
- Forgiveness
- Life Review
- Living Deeply
- Death Makes Life Possible
- Surrender—Letting Go
- Creating a New Vision of Aging

Place
ST. MARGARET'S EPISCOPAL CHURCH—LIBRARY
In Administration Building

Date and Time
PROGRAM BEGINS JANUARY 7TH, 2016
6:00– 8:00 PM (8 CONSECUTIVE THURSDAYS)

Facilitator
Dr. Elaine Millam

To Register
CALL 760-512-0142

Workshop Study Guide Provided (A minimum of 8 participants)

This Conscious Aging workshop program is based on a program materials developed by Kathleen Erickson-Freeman, Elder Education Program Manager, at the Institute of Noetic Sciences. It is a world-wide program today focused on research and practices described in three of IONS' seminal books: Consciousness and Healing: Integral Approaches to Mind-Body Medicine and Living Deeply: The Art and Science of Transformation in Everyday Life and Death Makes Life Possible.

Dr. Elaine Millam, a member of St. Margaret's, will facilitate this 8-week workshop. She is a certified IONS Trainer and encourages people to come early to walk the labyrinth before the group session. Elaine has extensive experience in leading small group dialogues, seminars & retreats. Her a non-profit is Graceful Passages.

www.gracefulpassages.org