



Redefining Aging

A conversation series

PROGRAM Join us for a wine and cheese gathering on April 14, 2016, to explore ways to reframe common misconceptions about a universal experience: growing older. Not a class, not a support group, this gathering will launch a conversation series. While pop culture tends to focus only on the losses that come in this time of life, we will consider the significant opportunities. Participants will discover new ways to express their values, creativity and spirituality – in a joyful and supportive community. The conversations will be expertly facilitated, yet evolve dynamically according to participant interest. Like good cheese and fine wine, we age better together.

DATES/COST The community is invited to participate in one or all of the conversations.

- Opening conversation: Thursday, April 14, 2016 – complimentary
- Conversation series: Thursdays, May 26, June 23, July 28, 2016 – \$60 suggested donation to help cover related expenses

TIME 5:30 – 7 p.m.

LOCATION Des Moines Pastoral Counseling Center, 8553 Urbandale Avenue, Urbandale, IA 50322

**RSVP/
MORE INFO** RSVP online at www.dmpcc.org/redefining, or contact Diane McClanahan, dmclanahan@dmpcc.org, 515-251-6667.

FACILITATORS The conversation series will be facilitated by a team from the Center's staff.

*This is not the same
old conversation.*

*Aging is better
than the
alternative.*

*All curiosity
levels
welcome.*

*What would
you do if you
had more time?*

*#RedefiningAging5Ps:
Purpose
Promise
Potential
Possibility
Phlourish*