



## Being Mortal: How Then Shall We Live?

### PROGRAM

If a life circumstance hasn't forced us to acknowledge our mortality in the first half of life, it certainly is going to catch our attention in the second half. No more thinking that we have unlimited years ahead of us. No more sticking our heads in the sand about the inevitability of aging and eventually death. The courageous among us will want to look this fact of life in the eye and meet its truth. We are mortal beings. We will someday die. There is actually a great freedom that comes from this recognition once we accept it. We can begin to look at our lives as they are and become intentional in living our best and fullest possible lives while we can. Do you wish to be a part of an exploration of this topic? Then you are invited to register for this series .

### DATES

Fridays: April 7, 14, and 28 (No class on 4/21)  
May 5, 12, and 19, 2017

### TIME

9:30-11 am

### COST

\$150 payable at the time of registration

### LOCATION

8553 Urbandale Ave/Urbandale, IA 50322

### REGISTRATION

Please call 274-4006 or go to [www.dmpcc.org/beingmortal](http://www.dmpcc.org/beingmortal)

### FACILITATOR

Kathy Reardon, RN, MS, is a Spiritual Director, Educator, and Holistic Nurse at Des Moines Pastoral Counseling Center. She uses holistic approaches to help her clients grow in self-responsibility, empowered well-being, and wholeness.



*"Age has no reality except in the physical world. The essence of a human being is resistant to the passage of time. Our inner lives are eternal, which is to say that our spirits remain as youthful and vigorous as when we were in full bloom. Think of love as a state of grace, not the means to anything, but the alpha and omega. An end in itself."*

-Gabriel Garcia Marquez