



Becoming an Elder

SPIRITUAL REFLECTION ON THE SECOND HALF OF LIFE

PART OF THE CENTER'S "REDEFINING AGING" SERIES

PROGRAM Growing older can be a time for deepening spirituality and sharing our unique gifts with the community. In this group, we will explore the opportunities and challenges of becoming an elder, and share insights, tools, and practices for this stage of the journey.

AUDIENCE Older adults, community members, others

DATE/TIME Monday mornings / April 9 – May 14, 2018 / 10:30am-12:00pm

COST \$180 for six-week series

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

REGISTRATION Register online here: www.dmpcc.org/wisdom

PRESENTER **Christine Dietz, Ph.D., L.I.S.W.**, is a Licensed Independent Social Worker, spiritual director, and Reiki Master. She received her M.S.W. from the University of Iowa and her Ph.D. in Sociology from the State University of New York at Buffalo. She is a graduate of the Lev Shornea Training Program for Spiritual Direction in the Jewish Tradition. Christine's focus in counseling and spiritual guidance is on helping people reconnect to their innate wholeness and renew their sense of hope and possibility.



CONTACT For more information, contact Christine Dietz, tel: 515-274-4006, email: cdietz@dmpcc.org