

# Aging with Grace\*

Do you ever wonder how you can do this aging thing with more grace and peace amidst all the change? This class will meet for 6 weeks and will address the struggles we face as we age. Here is the outline:

Week 1 – Dealing with Reality

Who I've been and what has changed for me?

Week 2 – Learning to Surrender

Acknowledging grief and loss

Week 3 – Claiming your Capabilities

What can I still do and who am I now?

Week 4 - Facing the Future Part 1

Living wills & end-of-life planning – We will start to write our funerals!

Week 5 – Facing the Future Part 2

Hospitals, assisted care, hospice, etc. – Making your wishes known

Week 6 – Celebration of Release and Renew

Writing your future story

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