



The Collaborative on Positive Aging

presents

ARE YOU PLANNING FOR YOUR LONGEVITY???

Americans are living longer than ever before. Are you prepared (financially and emotionally) for the challenges, as well as the opportunities, that are inherent in this new reality? Come join us as we explore staying relevant and actively engaged in our communities regardless of age. This session will provide you with an introduction to a 12-part, monthly series that will offer exercises and practical information on topics including:

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| ❖ Financial Strategies | Living Arrangements |
| ❖ Social Interactions | Health Practices |
| ❖ Work & Volunteerism | Meaning and Creativity |
| ❖ Relationships | Peer Support |

In order to insure these workshops meet your needs, we are planning to hold an introductory input and information meeting:

Tuesday, September 10, 6:00-7:30 pm

**Petaluma Senior Center
211 Novak Drive, Petaluma**

Please RSVP (778-4399) by Monday, September 9. A second input and informational meeting will be scheduled in Santa Rosa in October, date and location TBD.

A project of the Council On Aging