

# ENGAGING IN AGING



A free Heritage presentation



## For Making A Move

### Are you wondering what to do next in your life?

Staying engaged as we age usually involves being open to change. We can all get stuck in a rut and begin to feel fearful of making a move in any direction.

In this free workshop we will explore the key aspects of "Getting in the Groove" again no matter what your age and finding what move it is you need to make next that is unique and right for you.

Accepting impermanence and accepting yourself are both necessary as aging life challenges and new horizons unfold. **Come join in this free presentation with us as we all get our groove going together. Treats and door prizes too!**

## The Heritage Retirement Residence

3630 Brown Road, West Kelowna—RSVP to 250-768-9926

THURSDAY: MARCH 15, 2018 2:00—3:30pm



**Marjorie Horne** is a Certified Professional Consultant on Aging and the founder of CareSmart Seniors Consulting. As the host of the AM1150 Engaging in Aging Radio Show and a Capital News Columnist, she is creating a dialogue on:

*Re-imagining Later Life.*

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