



Aging well is good exercise
For mind and body



Start flourishing



JOIN US FOR 2 DAYS OF EXPERIENTIAL LEARNING:

- Become aware of current scenarios of aging including senior cohousing.
- Develop skills to choose and implement your own scenario of aging.
- Prioritize mutual support as an effective strategy for independent living.
- Understand how to live more sustainably, both personally and collectively
- Be able to flourish to the end of your life.



PEHL3080

**Aging Well in Community:
Senior Cohousing**

Sat & Sun, May 25-26, 2013



Join us!

What participants are saying

"Balanced- facilitated thinking about denial of aging and changes coming and how my own aging might look like. Great info on senior cohousing".

"It got my Head Out of the Sand!"

"Very useful to spend time on a subject which I have avoided. It has de-sensitised the issue of aging for me."

Aging Well in Community: Senior Cohousing - PEHL3080

Dates: Sat & Sun, May 25-26, 2013

Length: 2 days

Time: 9:30am - 4:30pm

Cost: \$95 + applicable taxes

Location: Royal Roads University campus

To register: [Click here](#)

Or phone 250-391-2513

Free information session: May 4,

1-3pm at Royal Roads campus.

RSVP seniorcohousing@gmail.com

"Excellent course.

Well organised, well delivered

Stimulating and important

An opportunity for self- exploration and to hear from others".

"Brought me from the illusion of 'self-reliance' to the reality and joy of interdependence..... and the importance of planning".

Informative, comfortable, relaxing
Very enjoyable even though examining uncomfortable topic"

