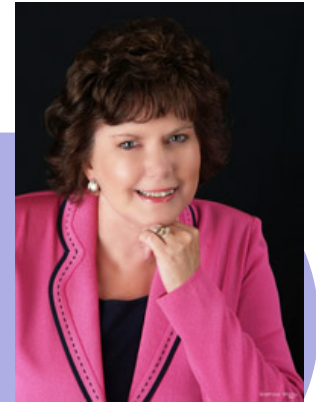


Your Aging Well Advisor **Lynn Alexander**



AGING WELL: THE BEST REVENGE - Let's face it. Most of us have gone to a class reunion and remarked: "Do I look as old as that guy over there?" Join us for a lighthearted approach to move beyond our society's fear of aging. This topic looks at all the positive steps we can take and the attitude needed to age well. Stress management, wellness strategies and longevity coaching all play a part in this important arena. This is not an anti-aging strategy but rather an inspirational message. We cannot turn back time or stop the process of aging but we can learn to take charge of our own aging process and live well at any age..

Hosted by:



The Village of
**Spring
Meadows**

A SENIOR LIVING COMMUNITY

 A Mission of Presbyterian Villages of Michigan

What: **Laughs with Lynn**

When: **Thursday,**

September 17th, 2009 1:00 p.m.

Where: **Village of Spring Meadows
3501 Cherry Blossom Drive
Jackson, MI 49201**

517-788-6679 Call to RSVP