

Aging With Grace

Navigating the Personal Journey of Aging

Three-part series

September 28, 1:30–4 pm

Session 1: Relating to Others

Amy Friday, PhD. Licensed clinical psychologist and founder of the OPAL Institute for Passionate Aging and Living

October 12, 1:30–4 pm

Session 2: Relating to Ourselves

Meghan Marty, PhD. Licensed clinical psychologist and founder of Rose City Geropsychology, LLC

October 26, 1:30–4 pm

Session 3: Tools for the Journey

Panel Presentation



***Interactive learning through presentations and
small group discussions***

Elsie Stuhr Center, Manzanita Room
5550 SW Hall Blvd, Beaverton 97005

Fee per presentation: \$10 (*payable at the door*)
Viva Village members & volunteers: no charge



RSVP: 503-746-5082 or vivavillageor@gmail.com

Co-sponsored by Viva Village and Elsie Stuhr Center

