

Aging Well

**8 Week Interactive Workshop
for Seniors provides guidelines,
encouragement and positive support.**

Learning how to age well does not mean we will stay young physically. It means we will develop and grow our inner worlds, being more aware of each moment and living it more fully.

Learn the importance of vitality, purpose, and personal growth while moving into the later phases of life.

Thursdays - Feb 4, through March 25, 2021

10:00-11:30 am 8 Weekly Sessions

Online - You will need internet access.

Zoom information upon registration

Bellevue College North Campus

Item W8010 \$85

Register: Call 425-564-2263 or online

<https://www.campusce.net/bc/Course/Course.aspx?c=15729>



Questions?

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