

Seniors' Seminar

Youthful Aging (Growing Older Gracefully)

© Presented by Dr Lionel Hartley



This seminar is designed to assist seniors to dispel some of the myths associated with aging and to implement a healthy perspective to possibly reverse many of the changes that are usually associated with aging

Choices — Communication
Continuing to Grow — Converting the
Lifeline — Changes and Challenges
Question & Answer Session

This Seminar is Internet Listed at <www.geocities.com/info_seminars/growth>

