

# Roadmap to positive and purposeful aging

A 3-part series to help  
you live a whole life.

- Discover how lifestyle is the new medicine
- Kick frailty and fear of aging to the curb
- Put more years in your life;  
more life in your years
- Learn how to live a whole life

Saturday, Jan. 14

Saturday, Feb. 11

Saturday, March 11

10 a.m.

to

noon

Guest speaker Gary Foster, executive healthcare recruiter, career coach and passionate student of aging, shares his vast knowledge about how to steer your aging experience toward health and vitality.



**"It's up to each of us to examine our attitudes, beliefs and lifestyle choices in order to live a whole life"**  
- Gary Foster

Cost: \$47

**Location:** Hendrick Office Building  
62 Plaza Dr., Highlands Ranch

Registration required 72 hours in advance.  
Register at [www.highlandsranch.org/signmeup](http://www.highlandsranch.org/signmeup).

**For more information:**

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