

# ***Creative Aging: Living with Purpose, Passion and Possibilities***



Mid-age and beyond is the perfect time to consider our past and explore our future. The stories, experiences and lessons we have accumulated give us a foundation to move forward with creativity and wisdom.

Join us for *Creative Aging*, a series of interactive workshops facilitated by Gail Braverman, LMFT. We will share important connection and conversation about life, community, wisdom, resilience, meaning and purpose.

*The six-month series begins Wednesday, Oct. 4, from 10:00--11:30 a.m.*

## **Topics:**

- **The Art of Creativity:** Embracing Inspiration and Curiosity (Oct. 4)
- **Resiliency:** Guts, Grit and Grace (Nov. 1)
- **Relationships:** The Sweet and the Sour (Dec. 6)
- **How to Be Happy in an Uncertain World** (Jan. 3)
- **Courageous Conversations:** Start with Heart (Feb. 7)
- **Spirituality and Aging:** Recharging Your Batteries (March 7)

*Gail Braverman, M.A., has been a Marriage and Family Therapist in San Diego for more than 25 years. A gentle and gifted facilitator, she has extensive training and certifications in Art Therapy, Mindfulness-Based Stress Reduction, Yoga, SoulCollage, and Meditation. For the past several years she has led workshops in the area of the second half of life.*

**First Wednesday of each month, October 4 – March 7, from 10:00-11:30 a.m.**

Fee for the series: \$60 members, \$70 nonmembers

Register no later than Sept. 25 by mail with your check (Caring Community, Beth Israel, 9001 Towne Centre Dr., San Diego 92122) or online at [www.cbisd.org/getinvolved/caring-community](http://www.cbisd.org/getinvolved/caring-community).

Minimum enrollment 12 – bring your friends!

For additional information, call or email Liz Levine, Director of Caring Community, at 858-900-2525 or [llevine@cbisd.org](mailto:llevine@cbisd.org).