



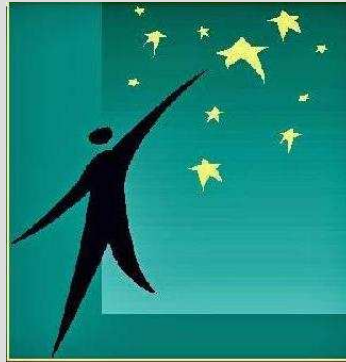
404.872.9191

Connecting You to the Resources You Need in Georgia

Attendee Registration

The Center for Positive Aging
Presents

Designing the Rest of Your Life for Renewal, Not Retirement



*A Program Designed to Foster Personal
Accountability in the Creation of
Satisfying and Fulfilling Retirement*

Wednesday, May 5, 2010 through June 9, 2010

Delivered by Doris Shannon, Retirement Coach-Facilitator

9:30 a.m.—11:30 a.m.

at

Center for Positive Aging

607 Peachtree St.

Atlanta, GA 30308

Scholarships generously provided by

Atlanta Medical Center

Your intown health care partnerSM



Become an Affiliate of the Center for Positive Aging — visit www.centerforpositiveaging.org — for details and registration form



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Program Background

Today's retirees are unlike any other group of seniors in US history. Today's retirees are healthier, wealthier, better educated and more skilled than their parents or elders were at the same age. Today's retirees, the first generation "Baby Boomers", have more vitality, perseverance, personal direction and often have deeper insight than our society has experienced before. This group, if they can be looked at as a group, has power-packed potential for achievement, are well-read, have practical problem-solving skills, enlightened wisdom and the ability to focus their energy.

The challenge is learning how to harness what they've gained; the phenomenal resources resident in these talent-rich, seasoned and often spiritually evolved seniors. Unfortunately, age is not a criterion for a successful retirement. Age alone does not guarantee retirees have taken the time for the necessary reflection and self-evaluation. Age alone does not always teach us how to reframe our thinking and make the attitudinal shifts that will allow us to maximize our retirement years.

This program was created for Baby Boomers, who want a life of renewal, not retirement.

The program is based on over twenty years of research, which validates the 15-factors of successful maturation/retirement.

This program will be delivered in five group coaching workshop modules, following the introductory session on May 5th.

Program Objectives

- In this one-of-a-kind program, participants will gain a personal understanding of the 15 factors of successful aging
- Between sessions, participants will privately self-assess how well they're managing these factors in their lives
- Participants are encouraged to only select new actions/goals they're passionate about
- This program will help participants to visualize and create the retirement of their dreams vs. the retirement that will happen by default or inaction



Doris Shannon (CEO and principal coach, Coaching for Success, Inc.)

Center for Positive Aging

The Center for Positive Aging is the consumer arm of Aging Services of Georgia. When Georgians sort through the maze of services available to aging persons, they can rely on **the Center as the trusted source** of information to connect them to the resources they need. The Center has created a connection via the web site to Quality providers of housing and care home, as well as businesses and congregations interested in serving seniors.

Educational programs include Caring for your Aging Parent, Volunteer Training, Modern World 101, as well as our Positive Aging LifeStyles Program, which now includes both PALS - a program designed to revive the tradition of honoring our elders, enhance their well being and negate the negative connotation of being elderly and aging, as well as *Designing the Rest of Your Life for Renewal, Not Retirement*.

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Registration Form

SIX Wednesday Morning sessions, beginning with an FREE introductory session on Wednesday, May 5, 2010

9:30 A.M. to 11:30 A.M. (Registration at 9:15 A.M.)

Following five sessions to take place on: May 12, May 19, May 26, June 2 and June 9
Center for Positive Aging - North Avenue Presbyterian Church

Space and scholarships are limited.
Make your reservation as soon as possible to ensure you have an opportunity to participate in this event.

Please Register the Following People for the Designing the Rest of Your Life For Renewal, Not Retirement Program

(1) Name _____

(1) Name _____

Organization (if applicable) : _____

Phone: _____ E-mail: _____

Registration Fee: \$197 \$100.00 Scholarship Request Y N

To Register: FAX this form to 404-872-1737 to reserve your space or MAIL this form **with payment** to :

The Center for Positive Aging
607 Peachtree St., NE
Atlanta, GA 30308

RSVP to Mary Harris; 404-872-9191 ext. 12



*Attire is business casual.
Since room temperatures are difficult to regulate to everyone's satisfaction,
layered clothing is strongly suggested.*

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Connecting You to the Resources You Need in Georgia

Directions to the Center for Positive Aging/Aging Services of Georgia Offices North Avenue Presbyterian Church

From the South

Exit I-75/I-85 in-town connector at the Crawford Long Hospital exit – come up the hill to Peachtree Street and turn left onto Peachtree. Get in the right lane and turn right off Peachtree onto North Avenue (you will be going around the church to the back side). Come one block and turn right onto Courtland Avenue and take an immediate right into the parking lot underneath the church.

From the North

Exit I-75/I-85 in-town connector at North Avenue (GA Tech exit) and turn left proceeding on North Avenue. Pass the Varsity and North Avenue MARTA station on your left. You will pass the Bank of America building on your right. Get into the right lane and cross over Peachtree Street (you will see the front of the church on the right corner of Peachtree and North Avenue). Turn right at the next intersection onto Courtland Avenue and take an immediate right into the parking lot underneath the church.



The Center for Positive Aging office is located in the Ministry Center at North Avenue Presbyterian Church, 607 Peachtree Street (the corner of Peachtree Street and North Avenue). The office is located in the back lower level of the building (on the Courtland Avenue side).

Parking: You will need to park in the pay lot (\$2.25) located across the street from the Aging Services of Georgia office at the corner of Courtland (Juniper) and Linden. See map above.

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