

For Everything a Season



Courage and Grace in Aging and at the End of Life

What? A series of four events for Seniors and those caring for Seniors

When? February 4, 11, 18, 25 (Saturdays), 1:00-3:00 pm

Where? Campbell UMC Fireside Room

Cost: \$6 per event, or \$20 for the series (scholarships available as needed)

February 4 | Showing and discussion of the PBS film *Being Mortal*.
What matters at the end of life? How can this time be more than medical?

February 11 | *Five Wishes*
What are the decisions you want to make for yourself?

February 18 | *Finding Wisdom for this Season*
What are the practices that will keep you fully awake your whole life long?

February 25 | *Finding Purpose for this Season*
How can you make a difference in the world in this season of your life?

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