

## **The Sage-ing Guild® ...**

transforming the expectations, conversations,  
and experiences of aging in our culture...presents

## **The Art of Aging... the Gift of Sage-ing**



**Older, Wiser, Livelier Souls**

***APRIL 14-15, 2012***

*At*

Park Tower Condominiums  
2717 Highland Avenue, South  
Birmingham, Alabama 35205

**Youth is a gift of nature,  
but Age is a work of art**

## ***Workshop Benefits***

- Examine the myths of aging and affirm the elder years
- Connect with one's inner wisdom through growth techniques of psychology and spirituality
- Nourish ourselves physically, emotionally, mentally, socially, and spiritually
- Look at the past as a "life review" and "life repair" with the wisdom of what we know now
- Understand that forgiveness is a gift we give ourselves
- Create peace of mind by doing the legal, medical, fiscal and spiritual preparation as a way of facing one's mortality
- Identify ways for Elders to serve as mentors and healers in society
- Develop one's own vision of self as an Elder

## **Who should attend?**

Mid-lifers, elders, clergy, caregivers, social workers, nurses, educators and anyone who is interested in conscious aging and in exploring new paradigms of aging.

Visit the Sage-ing Guild's website at:

[www.sage-ingguild.org](http://www.sage-ingguild.org)

## AGENDA

### Saturday, April 14

Gathering 8:30AM

Workshop 9AM-4PM

Images of Aging

Essentials of the Sage-ing Process

Life Review and Repair

Forgiveness

Creative Reflections: My life as a Work of Art

### Sunday, April 15

Gathering, 8:30AM

Workshop 9-4PM

Journey to my Inner Elder

Contemplative Tools

Facing my Mortality

Leaving a Legacy

Mentoring: Roles as Elders and.....

Where do I go from here?

Guild/Training Information

Elder Closing Circle

Visit the Sage-ing Guild's website at:

[www.sage-ingguild.org](http://www.sage-ingguild.org)

Facilitated by:

**Julia Riley, RN, MN, AHN-BC, REACE,  
Certified Sage-ing® Leader,**

has been a nurse for 40 years. Keynote speaker and author, Julia began her Sage-ing journey at the death of her parents when she began life review. Her background in mental health is a foundation for her commitment to helping people begin as early as midlife to approach aging with a sense of wonder and awe and excitement. Her Sage-ing journey led her to facilitate expressive arts in healing for hospice patients and to create an undergraduate course, Expressive Arts in Healing, at the University of Tampa. [www.constantsource.com](http://www.constantsource.com)

**And special guest presenters,**

**Sage-ing Interns:**

**Rev. Mary Porter and Rev. Lynn Bledsoe**

Presbyterian (USA) ministers and certified music practitioners specializing in the spirituality of aging, Mary and Lynn provide support to care partners and continuing education to long-term care providers. For the past 8 years, they have served as chaplains to isolated older adults in Birmingham, AL, through the non-profit organization they co-founded, *Ruth and Naomi Senior Outreach*. They are noted for the use of Celtic harps, companion dogs, intergenerational programming and palliative arts and have special skills for accompanying the dying and those with dementia.

**For questions: [julia@constantsource.com](mailto:julia@constantsource.com)  
or call Julia at: 1-941-776-8024**

★★★★★★ “Elders are the jewels of humanity that have been mined from the earth, cut in the rough, then buffed and polished by the stonemason’s art into precious gems that we recognize for their enduring value and beauty. We sense their radiance in our youth, but we cannot contain it. It requires a lifetime’s effort to carve out the multifaceted structure that can display our hidden splendor in all its glory.” Rabbi Zalman Schachter-Shalomi ★★★★★★

**Hotel and Lodging:** The Hotel Highland, 1023 20th Street S, Birmingham, AL 35205  
1-800-230-4134 (One mile from workshop location and 20 minutes from the airport)

Hampton Inn Birmingham/Mountain Brook, 2731 US Highway 280 South, Birmingham, AL 35223  
Tel: 1-205-780-7822 (about 3 miles from workshop location)

Transportation from airport: taxi is as reasonable as shuttle

★★★ **Optional dinner gathering, Friday, 5PM. Meet at condo and eat at local restaurant.**

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**REGISTRATION FORM**

Workshop Fee: \$225 includes lunch, snacks, and workbook. Lodging separate. Contact Julia for hotel list. Send completed registration form and **check made payable to “Sage-ing Guild”** (Fee: \$195 for Guild members, \$125 for past participants) by March 1, 2012 to

Julia Riley

PO Box 438

Ellenton, FL 34222

941-776-8024

[julia@constantsource.com](mailto:julia@constantsource.com)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State \_\_\_\_\_

Zip \_\_\_\_\_ Phone \_\_\_\_\_

Email: \_\_\_\_\_

Amount of check enclosed: \_\_\_\_\_

Participation in this workshop serves as a prerequisite for training for Sage-ing Leader Certification.