

The Tao of Aging: Becoming Whole in Life's Second Half

Aging is not for sissies. It is filled with losses and challenges. Yet, these can form a pathway to great spiritual fulfillment, if we know how to dance with the changes. Join us as we explore lessons from various wisdom traditions, and examine the archetypes of Elder as Contemplative, Trickster, Wounded Healer and Guide.

Saturday, May 12, 2012
8:30 a.m. to 4:00 p.m.

East Boulder Senior Center
5660 Sioux Drive
Boulder, CO 80303

Presenter: David Chernikoff, M.Div., L.C.S.W., CSL, is a meditation teacher, psychotherapist and life coach. He served as the Director of Education and Training for the Spiritual Eldering Institute, and has taught workshops on spirituality and aging throughout the U.S., Canada and Ireland.

Workshop (includes lunch) - registration closes May 8:

Persons 55+ and Sage-ing Guild members: \$40

Persons under 55 - \$55

Some scholarships are available for City of Boulder residents who are 55+.
Call 303-441-4388.

To register: Course code #157282

1. **West Senior Center** 303-441-3148
2. **East Senior Center** 303-441-4150
3. **Online:** boulderseniorservices.com Click on "online registration."

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