

# Conscious Aging

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"Aging is not merely about the body losing its poise, strength and self-trust. Aging also invites you to become aware of the sacred circle that shelters your life."

*—John O'Donohue*

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## When

Eight weeks  
Mondays, 2–4 pm  
September 19–November 7

## Where

Partners In Care  
2075 NE Wyatt Court  
Bend, OR 97701

## Cost & Details

\$100 for Friends of Hospice Members, \$200 for non-members. This includes the cost of the study guide, facilitators, and light refreshments. The group is limited to 12 participants. Adults only. Especially appropriate for people age 50+.

## Certified Facilitators

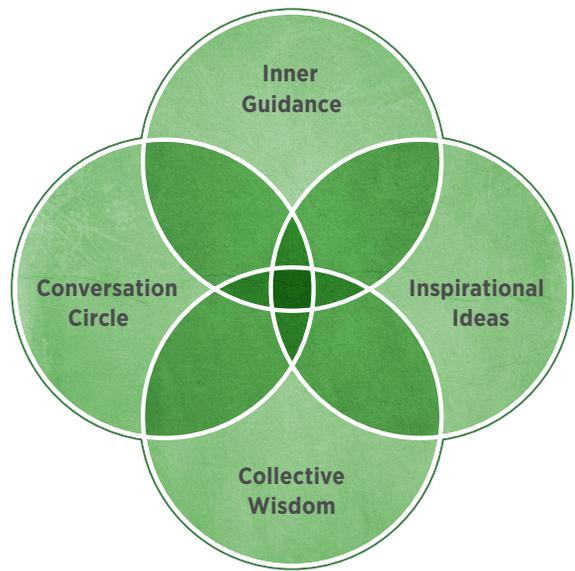
Alex Weiss, LPC  
Partners In Care grief counselor

Cheryl Adcox, BSN, RN  
Partners In Care nurse at Hospice House

## Conscious Aging Overview

People assume that the solutions we're seeking come from outside ourselves, but it's important to recognize that some of the problems—as well as their solutions—are within us. In other words, it's about consciousness. The focus of the Conscious Aging workshop series is to invite shifts in consciousness away from self-limitation, isolation, and fear and toward expansiveness, inclusiveness, wholeness, connection, and compassion.

Each session features an interplay of activities that includes listening to one's inner wisdom and guidance, integrating inspirational ideas and best practices, sharing in intimate conversation circles, and harvesting the collective wisdom of the group.



## The Conscious Aging Workshop Experience

**Explore** unexamined, self-limiting beliefs and assumptions about aging and learn to make better choices about how to age more consciously;

**Develop** the skills of self-compassion to cope more effectively with the stresses associated with aging;

**Discover** what has given heart and meaning to your life and how that can enrich your intention for a healthy aging process;

**Identify** the regrets, sufferings, and negative self-concepts that have kept you from more fully appreciating yourself and your life;

**Minimize** any feelings of isolation from others and deepen your relationship with the world around you;

**Learn** to manage your fears and those of your loved ones in the presence of death through the transformative power of surrender and acceptance; and

**Cultivate** a personal roadmap of your own aging journey by learning to make each moment matter.

## Eight Weekly Sessions

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Introduction to Conscious Aging  
Self-Compassion  
Forgiveness  
Life Review

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Transformative Practices  
Death Makes Life Possible  
Surrender—Letting Go  
Creating a New Vision for Aging

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## How to Register

You can call, email, or register online at [FriendsofHospiceOregon.org](http://FriendsofHospiceOregon.org) with a donation of \$100 per Friends of Hospice member (or \$200 for non-members) designated for Events. A confirmation will be mailed to you at the street address from your registration.

 (541) 410-3918    [events@FriendsofHospiceOregon.org](mailto:events@FriendsofHospiceOregon.org)

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