

Aging with Grace: *Trusting Transitions / Letting Go of Fear*

Presented by Mary Jo Bennett



Aging, sickness and death will touch us all, but if we can learn how to lean into those things that most frighten us and not turn away or resist them, we will uncover our own innate wisdom and courage. With a heart that is wide open and a mind at rest, we can welcome whatever life brings to us with equanimity and peace.



For more than 15 years Ms. Bennett has been a dedicated and skillful hospice volunteer attending the needs of the dying.

Author of the book, *When Autumn Comes: Creating Compassionate Care for the Dying*, Ms. Bennett is passionate about helping all who will ultimately lose someone they love, come to appreciate and respond to the needs of the dying so

they can face death with peace and dignity.

In teaching her new course, **Aging with Grace: Trusting Transition/Letting Go of Fear**, she turns her attention to the various factors that can enrich our perception and experience of aging. "When an individual learns how to be curious, compassionate and committed to exploring their present moment awareness, aging can become a remarkable journey of ever deepening contentment, blessed with grace and well-being."

This course is designed to support individuals who are travelling through various stages of aging, sickness, and dying. As living is all about our relationship with self and others, each class will have opportunities for group discussion as well as time for inner reflection and meditation.

Throughout the four weeks we will be discussing our beliefs and perceptions about aging in relation to the following aspects of our lives:

- Shifting Abilities and Interests
- Examining Relationships
- Deepening Our Spirituality
- Redefining Time
- Turning Toward the Positive
- Experiencing Loss
- Being With Dying

Location: Waipio Clinic, 1st floor, Conference Room 1B

Dates: Mondays & Wednesdays, March 7 - 30, 2011

Times: 10:00 - 11:30 a.m.

Cost: \$70 - Kaiser Member

\$75 - Non Member, \$65 - Kaiser Employee

To Register: Contact Ashlyn at 432-2270