



# Another Day Older: *Disrupting Ageism*

Did you know?

**Thinking positively about getting older can extend one's life by 7.5 years**

(study by Dr. Becca Levy, Yale professor & researcher)



Your attitude about aging matters! What ARE your attitudes and what messages influence those attitudes? During these four one-hour convos, we'll talk, see videos, consider the negative effects of ageism and discover how we can celebrate the fact that today, we are another day older!



*Discussion Host:* **Kim Moeller**

**Ruth Frost Parker Center for Abundant Aging, an initiative of United Church Homes**  
Kim brings experience in a variety of teaching positions together with her delight in facilitating small group discussions that introduce participants to the opportunities that come with aging. She is the convener of the newly formed Abundant Aging Ministries Network (AAMN). She loves anything with a good story including films, tv shows, books, and country songs.

**Wednesdays 2:00 – 3:00PM ET, June 5, 12, 19, and 26 (4 sessions)**

**Online on Zoom (Link will be in your registration confirmation email.)**

To sign up for the class, go to [UnitedChurchHomes.org/enliven](https://UnitedChurchHomes.org/enliven) or email [KMoeller@uchinc.org](mailto:KMoeller@uchinc.org)

This is a FREE activity. No prior reading or homework will be required. You'll only need an openness to rethink your understanding of what it means to age.



**Come prepared to think, laugh, & be open.**