



**Cambridge Senior Center (806 Mass. Ave.)
Social and Support Group**



Aging and Thriving

Wednesday, May 15, 22 and 29

1-2 PM

In-person

Aging and Thriving: While Aging is a Given, Thriving is an Option” is a 4-part program presented by Clinical Psychologist, Peggy Crawford, PhD. The sessions will be held on Wednesdays from 1 to 2:30 on May 15th, 22nd and 29th with a fourth session on Wednesday, July 10th. Session 1 will focus on the many changes associated with aging, what we can do to be as healthy as possible, and how flying solo can affect our experience. In Session 2, we will discuss how thriving can continue as we age, and the ingredients needed to support this ongoing growth. Session 3 will focus on how thriving involves making changes that can be both beneficial and challenging. 6 weeks later during Session 4, we will discuss changes people have made or want to make as well as how they have managed any obstacles and challenges along the way. Throughout the program there will be time and opportunity for sharing ideas, examples, and resources as well as asking questions.



This program is for ages 60 years and older.

Cambridge Senior Center

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