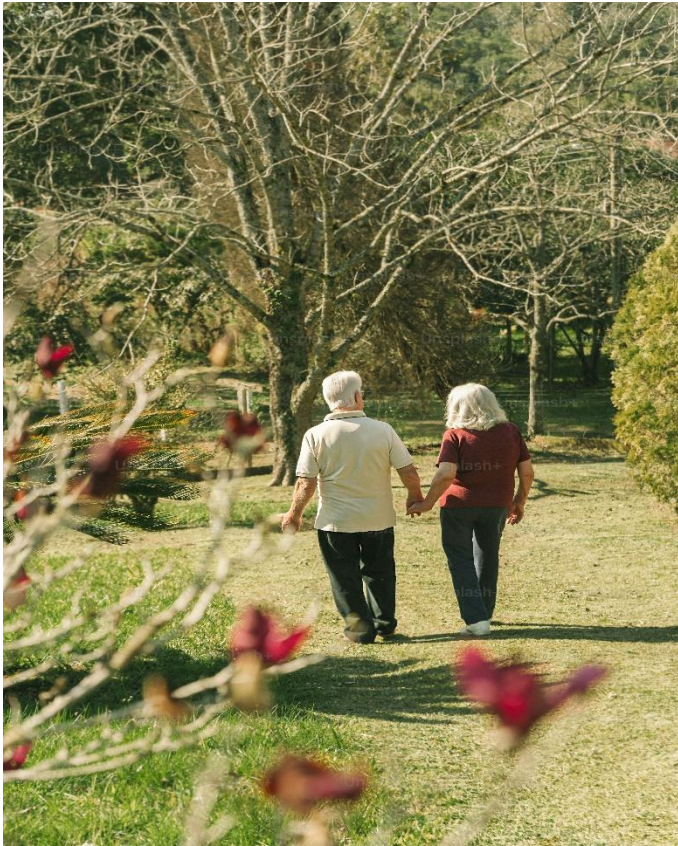




Cambridge Senior Center (806 Mass. Ave.)

Special events



The antidote to “getting old” wisdom purpose and creativity

Thursday

October 17, 2024
1:00 p.m. - 2:00 p.m.

In this presentation, we'll examine the contradiction in the commonly-held belief that we want a long life, but we don't want to “get old.” We'll look at examples of how people find a “good life” in even when living with the real challenges of older age: limitations, loss, illness. The presentation will also provide practices that help people move from avoidance or denial of “being old” towards more satisfaction with their long life. The presenter Marie Clouqueur, LICSW is a therapist in the Geriatric Psychiatry Outpatient Clinic at McLean Hospital and leads the clinic's dementia caregiver program.

This program is for ages 60 years and older.



Cambridge Senior Center

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