

COURAGEOUS AGING



Join St. Louis Oasis in welcoming author and educator Dr. Ken Druck for two programs based on his best-selling book, *COURAGEOUS AGING: Your Best Years Ever, Reimagined*.

Aging Courageously: A Community Conversation

Wednesday, September 26 | 11:00am–1:30pm | Fee: \$9

Maryland Heights Community Center, 2300 McKelvey Rd, Maryland Heights, MO 63043

Dr. Druck will lead a distinguished panel of experts and the audience through a lively discussion about facing the challenges and opportunities of aging. Panelists will include:



Brian Carpenter

Department of Psychological
& Brain Sciences,
Washington University



Bob Chapman

Barry-Wehmiller
Companies



Nancy Morrow-Howell

Harvey A. Friedman
Center for Aging,
Washington University



Patrick White

BJC Hospice

Courageous Aging Workshop

Thursday, September 27 | 9:30am–3:30pm | Fee: \$120

The Center of Clayton, 50 Gay Ave, Clayton, MO 63105

Dr. Druck will lead a day-long workshop as he covers the following topics:

- Overcoming age-related fears and changes that weigh heavily on our hearts
- Harvesting newfound opportunities for emotional freedom, joy, humility and peace
- Watching ourselves, parents and kids get older, navigating change and transitions
- Putting our psychological, legal, financial and spiritual “houses” in order

The workshop will be limited to the first 25 people who register.

For more information or to register, call 314.862.4859, ext. 24.

