



FOR IMMEDIATE RELEASE

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FOR MORE INFORMATION:

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Create a new vision of aging at Conscious Aging Workshop Series

New aging workshop series comes to Highlands Ranch this April. Conscious Aging encourages participants to explore beliefs and assumptions about aging and break through those stereotypes to discover their own fulfilling experiences.

The Highlands Ranch Metro District's 50 & Better Together program hosts a series of three workshops beginning April 20. The workshops are facilitated by Debbie Shapiro, a certified Conscious Aging specialist with a Masters in Gerontology and Susan Pye, Certified Life Coach.

The workshops focus on listening to one's inner wisdom and guidance. Participants can expect to share in small group settings and come together as a larger group to learn from one another. Session topics will include self-compassion, life review, creating a new vision of aging and more.

Conscious Aging – An Introduction, Wednesday, April 20 from 5:30 – 7:30 p.m.

Participants will be introduced to the concept of conscious aging. Learn what it means to self-direct this journey and participate in discussions about the opportunities and challenges ahead.

Conscious Aging – Part I, Saturday, May 7 from 9 – 11 a.m.

Workshop includes guided discussions, self-reflection and sharing of collective experiences. Participants will zone-in on what really matters as they age.

***Conscious Aging – Part II, Saturday, May 21 from 9 – 11 a.m.**

The final workshop helps identify avenues for connecting with others and fully celebrating one's life.

**Must attend Conscious Aging Part I to attend.*

All three workshops are held at the Recreation Center at Eastridge, 9568 S. University Blvd., Highlands Ranch, CO 80126. Cost for each is \$20. Registration is required. Register online at www.highlandsranch.org/signmeup.

For more information about the Conscious Aging Workshop Series, visit www.highlandsranch.org/seniors or contact Jodie McCann at jmccann@highlandsranch.org or 720-240-4922.

Founded in 1981 as the local government in Highlands Ranch, Colorado, the Metro District provides a variety of municipal services to this planned community of 96,000 people. Learn more about the Metro District at www.highlandsranch.org.

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