



A ROAD TO DISCOVERY:

Achieving Emotional Wellness,
Regardless of the Bumps Along the Way



Join us on the road to discovery. Register today for this complimentary seminar at Goodwin House Bailey's Crossroads in Falls Church. You will learn strategies to stay positive and achieve emotional wellness in an ever-changing environment. Bring a friend to this enlightening event!

Wednesday, August 29, 2018

1:30 – 3:30 PM

Goodwin House Bailey's Crossroads
3440 S. Jefferson Street, Falls Church, VA 22041
Auditorium

RSVP by August 24th
athome@goodwinhouse.org or 703.574.9073

Sponsored by **Goodwin House at Home** and
At Home in Alexandria



A ROAD TO DISCOVERY: Achieving Emotional Wellness, Regardless of the Bumps Along the Way

Join us as we explore the many aspects of emotional wellness. Our guest speakers will share aging trends and techniques for fostering resilience, creating support systems to keep us connected and managing stressors that are common in later life.

SCHEDULE:

1:30 – 1:50 PM	Registration
1:50 – 2:00 PM	Welcome and Opening Remarks
2:00 – 3:00 PM	Understanding What Gets in Our Way, Rebecca Harrison Creating a Plan that Supports Positive Aging, Beth Robinson My Road to Discovery, Ruth Arnold
3:00 – 3:30 PM	Q & A/Panel Discussion Closing Remarks

**Complimentary valet parking.
Refreshments will be served.**

BUILD A RESILIENCE TOOLKIT FOR POSITIVE AGING

- Living a Purposeful Life
- Managing Attitudes and Actions in a "New Normal" Environment
- Responding to Loss and Change
- Identifying a Personal Advocate

Bring a
Friend

Healthy
Snacks
Provided

Tools
& Tips



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