

# EMBRACING ELDERHOOD EMBRACING WISDOM

"Living Strategies to Navigate Aging"

**An Introductory Talk • Sunday, March 2, 10 am**

A Spiritual Center Rm 31 • 3rd Street Center, Carbondale



Deanna Jenné and Lisa Dancing-Light often speak of aging and what it means to be an Elder. Navigating a culture that reveres youth brings questions: "Where are the wisdom holders? How do we gain wisdom and show the next generation the way?"

Join us to explore the second half of life in the six workshops series.

We encourage joy.



Deanna is a traditional healer, spiritual mentor, sacred activist, facilitator of fire circles, community leader and animist minister.

Lisa is a songwriter & storyteller, committed environmental activist, sound healer, wisdom teacher and facilitator of sacred singing circles.

## 6-Part Workshop Series

**520 S. 3rd Street Center • Calaway Room**

**Wednesday's from 6:00 pm - 8:30 pm**

**Starting March 12 - June 25**

Explore these topics each week

- March 12 Addressing the Cultural Narrative of Aging
- April 2 Reflections & Discovering the Self
- April 30 Loss & Grief
- May 21 Reconciliation of a Long Life
- June 11 Cultivating Wisdom - Being an Elder
- June 25 Practical Considerations

\$50 /per class or \$275/6-Workshop Series Package

Registration call Lisa 970-618-3613 or Deanna 970-210-9520

[lisadancinglight.com/events](http://lisadancinglight.com/events) • [deanna-jenne.com/events](http://deanna-jenne.com/events)

*"Connecting and nurturing viable roles for elders in our community"*