Positive Aging Academy

Wednesdays
March 17 through April 21
3 – 5 PM

Town of Chenango Offices – Community Hall
1529 NY Route 12, Binghamton

March 17 – Blue Zones: The factors that contribute to longevity
March 24 – Memoir: The value of reflecting on your life and legacy
March 31 – Living on Purpose: Activities and causes that satisfy fulfill or guide you
April 7 – Health through Social Connections: Revisiting the importance of relationships
April 14 – Money Issues: Know what do you value, then "money" will come
April 21 – Streamlining for Purposeful Living: How to downsize life leaving more time for purpose-driven activities

Retired? Thinking about retirement? What motivates you? Ready for changes?

Please pre-register at Office for Aging, 778-2411, leaving a message for Joan Sprague

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