



Presents

GOLDEN YEARS WELLNESS WORKSHOP

A fun and creative approach to Your Golden Years, that focuses on planning for the everyday aspects of life. Learn how to make your golden years a time of life that is truly meaningful, answer the three most powerful retirement questions that will change it forever, re-invent yourself, and prepare for important conversations to strengthen your relationships, and develop wellness habits for your body, mind and spirit.

December 13, 2016

The one hour workshop start promptly at 10:30 am

This class is appropriate for Age Group 50+

Classes held at The Recreation, Arts, and Event Tourism Dept.

- -Parkview Activity Room, 5460 5th St. Rocklin, CA 95677

To register, call (916) 625-5200

Cost: FREE

Golden Years Wellness...

It's your choice, your destination, your life! Create it today!

