



Steps to create your circles of support

You may be standing at the brink of retirement. Or you may already be retired. You are looking ahead and wondering how to make the most of the rest of your life. **Ready for Aging: Steps to create your circles of support** is designed to help.

Join us for a three-hour workshop in which we unpack what you need to know about three important aspects of navigating aging and end-of-life:

Safety Nets: Explore the steps in developing a personal safety net.

Documents & Keys: Name the documents you most need to work on and the process you will take to complete them.

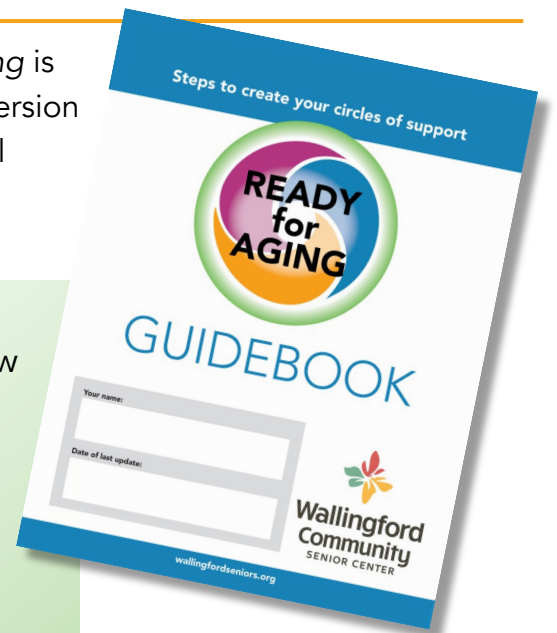
Discussions: List topics that you would like to talk about with others.

The workshop is highly interactive, with many opportunities to reflect and talk with others about these aspects of aging. All participants will receive the 56-page guidebook, filled with tips and worksheets designed to help you make progress.

Cost: \$10 WCSC members | \$20 non-members

A workshop for seniors on how to prepare for aging and end-of-life.

Ready for Aging is the updated version of the Personal Safety Nets program.



Presenter

Guila Muir is principal of Guila Muir & Associates, a Seattle-based firm specializing in developing professionals' facilitation, presentation, and training skills. Since 1993, Guila's engaging, highly energetic style has transformed businesses and organizations across the United States and in Canada. Her clients include Microsoft, Amazon, and hundreds of state agencies and non-profit organizations.



**Wallingford
Community**
SENIOR CENTER

Limited to 20 participants!
To register, call
(206) 461-7825.