

“Don’t take life too seriously, you’ll never get out of it alive.”

Living Fully, Aging Well, & Befriending Death

A group to explore the “third chapter” of life.



At each meeting, participants are invited to share their thoughts, feelings, and experiences regarding the joys and challenges of aging.

Participants are encouraged to bring music, poetry, excerpts from articles, books, and videos. This is not a therapy group.

Details:

- Tuesday: 2nd and 4th of the month, 6:30pm-8:30pm
- The Gathering Place, 30 Terrace Street, Brattleboro, VT.
- Come once, regularly or occasionally.
- No fee for attendance.

Facilitator: Joanna Rueter, MSW

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