

Author **Olivia Ames Hoblitzelle**
discusses her latest book,
Aging with Wisdom

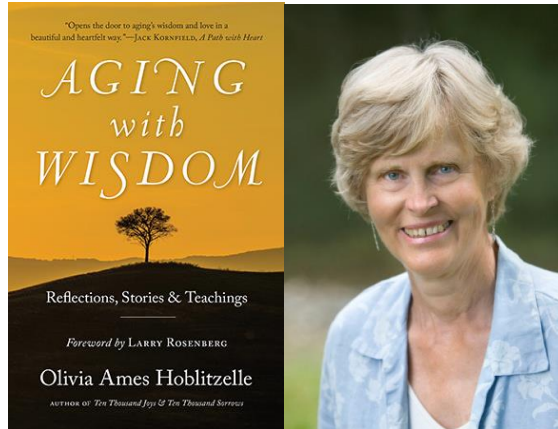
**Brookline
Community
Aging
Network**

Provides information to help residents remain engaged in the community.

Advocates to make Brookline an even better place to live for seniors and everyone.

Join us!

**Founding
Partners**



Thursday, October 11, 2018 6-7:30 pm

Refreshments will be served from 6-6:30 pm

Talk with discussion runs 6:30-7:30 pm

Brookline Senior Center
93 Winchester Street, Brookline, MA
Free of charge · Please call 617-730-2770 to register

How do we find meaning and beauty in aging? How do we respond to living in an age-phobic culture? How do we cultivate an inner life resilient enough to handle the vicissitudes of old age? The last phase of life is often the most heroic—rich with opportunity for reflection, growth, and resolution. Olivia's talk offers new perspectives on aging and inspiration for potentially the most meaningful chapter in our lives.

Olivia Ames Hoblitzelle, writer and teacher, is a pioneer leader in the field of Mind/Body medicine. Olivia's teaching and writing are inspired by over 40 years of practice in psychology, Buddhist meditation, and other wisdom traditions. She is also the author of *Ten Thousand Joys & Ten Thousand Sorrows: A Couple's Journey Through Alzheimer's*. She is currently focusing on conscious aging, elder issues, and living the contemplative life.

Copies of *Aging with Wisdom* will be available for purchase at the event.