

Save the Date

Thursday, September 26, 2019, 1–3pm

Levy Senior Center, 300 Dodge Ave., Evanston

Reimagine Aging: How Our Thoughts Shape Our Experience

Meet the Presenters



Cate O'Brien, Ph.D., M.P.H.

Assistant Vice President &
Director Mather LifeWays
Institute on Aging



Jennifer Smith, Ph.D.

Director of Research Mather
LifeWays Institute on Aging

Learn more about...

- How the media promotes certain images of aging
- How age stereotypes affect our own views of aging
- How positive and negative perceptions of aging affect our health and well-being
- How we can change how we view aging

Positive perceptions of aging are when you recognize the later years of life are...

- A time of continued growth and learning
- When relationships are developed and maintained
- When you have feelings of control over the aging process

Enjoy refreshments and door prizes donated by our generous sponsors!



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