

WISE & *Healthy Aging*

Expanding Your Horizon Women's Group

For Women 60+ Years Old

Mondays, 2:00 – 3:30 pm

Do you want to learn and grow?

This support group provides an atmosphere for candid sharing of topics and issues important to us as we age. Share your thoughts and feelings as you face a new chapter in your life – the pain and the pleasure.



- Build on your strengths
- Receive and provide emotional support
- Explore new opportunities
- Brainstorm and connect with others
- Create new relationships

This group is facilitated by trained and experienced peer counselors in a confidential setting. \$20 monthly fee.

This is NOT a drop-in group.

For more information and registration, call (310) 394-9871, ext. 289