

Connecting You to the Resources You Need in Georgia

Attendee Registration

The Center for Positive Aging
Presents

Positive Aging Lifestyles (PALS)



*A Program Designed to Foster an
Ageless Mind, Body and Spirit in Senior Adults*

Facilitator Training

Wednesday, February 3, 2010

9:00 a.m. - 3:30 p.m.

at

Center for Positive Aging
North Avenue Presbyterian Church
607 Peachtree Street N. E.
Atlanta, GA 30308

Cost: Affiliates of the Center \$35; Non-Affiliates \$150

Summary of the Positive Aging LifeStyles Program

Positive Aging LifeStyles (PALS) is a new program of the Center for Positive Aging. It is designed for use in retirement communities, congregations, and other groups of senior adults. Throughout history, elders were honored as leaders, judges, and keepers of traditions. Today's elders have ascended the career ladder, reached the zenith of success in midlife, and now—rather than being revered for their wisdom—face inevitable decline.

But a new model of late-life development is evolving. Extended longevity calls for extended consciousness to offset the physical and social diminishments of old age. Aging is an anticipated fulfillment of life, a badge of success. As an elder, one is called to use the gifts that can only be acquired through a lifetime of experience to nurture others and mentor a younger generation.

One does not become an elder just by becoming elderly. Elderhood is a process. The PALS program takes the first step towards turning aging into the most meaningful time of life, allowing an elder to live the next chapter of his/her life with passion and service to their community.

This program is made up of three modules: Ageless Mind, Ageless Body, and Ageless Spirit. Objectives for the program include:

- Maximizing quality of life as an elder works toward an ageless body, mind and spirit.
- Enabling elders to serve others in a way that will help them live with maximum well-being.
- Building a society where aging and longevity are used to improve life for people of all ages.

Facilitators will be able to:

- Recruit senior adults from their organization to participate in the PALS program.
- Lead a PALS group through sessions on Ageless Mind, Body and Spirit.
- Receive tips on facilitating a group of senior adults.

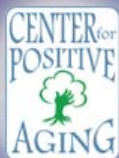
Who Should Attend:

- Service Coordinators
- Activity Directors
- Staff of Older Adult Ministries
- Individuals interested in facilitating a PALS group

Included in the Event:

- Training on how to facilitate a PALS group for your organization
- Lunch, snacks and parking
- A copy of PALS Facilitator and Participant Manuals, and supporting materials including marketing fliers and certificates of completion on disk
- Your registration fee entitles you to make unlimited copies of materials
- Stay Fit for Life—Senior Exercise DVD for use with the Ageless Body Module





Connecting You to the Resources You Need in Georgia

Registration Form

Wednesday, February 3, 2010

9:00 a.m. to 3:30 pm (registration at 8:45)

Center for Positive Aging -- North Avenue Presbyterian Church

**Space is limited.
Make your reservation as soon as possible to
ensure you have an opportunity to learn to
lead a group at your organization.**

Please Register the Following People for the PALS Facilitator Training

(1) Name: _____ Title: _____

(1) Name: _____ Title: _____

ORGANIZATION: _____

Phone _____ E-mail _____

Number of Vegetarian Meals Required: _____

Affiliate Registration Fee: \$35 Non-affiliates: \$150

To Register: FAX this form to 404-872-1737 or **MAIL** this form to
The Center for Positive Aging
607 Peachtree St., NE
Atlanta, GA 30308



RSVP to Mary Harris; 404-872-9191 ext. 12

Attire is business casual.

*Since room temperatures are difficult to regulate to everyone's satisfaction,
layered clothing is strongly suggested.*

Directions to the Center for Positive Aging North Avenue Presbyterian Church

From the South

Exit I-75/I-85 in-town connector at the Crawford Long Hospital exit – come up the hill to Peachtree Street and turn left onto Peachtree. Get in the right lane and turn right off Peachtree onto North Avenue (you will be going around the church to the back side). Come one block and turn right onto Courtland Avenue and take an immediate right into the parking lot underneath the church.

From the North

Exit I-75/I-85 in-town connector at North Avenue (GA Tech exit) and turn left proceeding on North Avenue. Pass the Varsity and North Avenue MARTA station on your left. You will pass the Bank of America building on your right. Get into the right lane and cross over Peachtree Street (you will see the front of the church on the right corner of Peachtree and North Avenue). Turn right at the next intersection onto Courtland Avenue and take an immediate right into the parking lot underneath the church.



The Aging Services of Georgia office is located in the Ministry Center at North Avenue Presbyterian Church, 607 Peachtree Street (the corner of Peachtree Street and North Avenue). The office is located in the back lower level of the building (on the Courtland Avenue side).

Parking: You will need to park in the pay lot (\$2.25) located across the street from the Aging Services of Georgia office at the corner of Courtland (Juniper) and Linden. See map above.