

The Staff and Residents of Lutheran Towers invite
you to a complimentary afternoon event
Tuesday, June 9, 2009
Lutheran Church of the Redeemer

Maintaining Your Life's Purpose

12:30 **Registration**

1:00 **Maintaining our Life's Purpose**

Richard Taylor

World-renowned author and psychologist Richard Taylor, Ph.D. will speak to your heart about the importance of putting PEOPLE FIRST – no matter their age, illness or diagnosis. Relationships and community are the key to life and staying “in the moment!” Come experience community as Richard talks about how to better communicate and care for one another ~ and the significance of maintaining a sense of purpose throughout your life.

2:15 **Networking Refreshment Break**

2:30 **Positive Aging & You**

Panel Dialogue with Richard Taylor

The synergy of mind, body and spirit gives our life true value. As individuals, we are made of body, breath, mind, and soul. There is an interconnected nature of these different levels of our being. By learning to identify habitual thoughts that increase sadness and anxiety, by honoring our bodies with good food and exercise and by developing a spiritual model of living that reflects selflessness and a positive outlook, we will never lose sight of what is purposeful in our lives. The art of nurturing our mind, body and spirit gives balance to our lives. It is the path to fulfilling our true purpose.

3:30 **Adjourn and Booksigning**

We appreciate
the co-sponsors
of this event



alzheimer's  association®





Richard Taylor is a world-renowned author, retired psychologist and champion for individuals with Alzheimer’s disease and dementia. He was diagnosed with Alzheimer’s-type dementia at the age of 58. Now 66, he is dedicated to sharing his personal odyssey with dementia by giving us a rare glimpse into what it feels like to be on the receiving-end of a diagnosis. He is author of the book *Alzheimer’s from the Inside Out*, which is being translated for distribution throughout the world (Health Professions Press, 2006), and has started over 50 chat rooms worldwide for people with Alzheimer’s disease and their loved ones. He was a moving force in the establishment of the Dementia Advisory Committee of the U.S. Alzheimer’s Association, looking at how to better integrate individuals living with the diagnosis in the leadership, program development, and delivery functions of the Association and its local chapters. He now serves as the chair of a similar committee he helped to establish for the Alzheimer’s Foundation of America. He serves on the board of the Houston and Southeast Texas chapter of the Alzheimer’s Association. He publishes his own newsletter of, by, and for people with dementia, which you can sign up to receive www.richardtaylorphd.com, and is halfway through editing another book of his writings. Dr. Taylor will be available for book signings.

Registration Form

Name: _____ How many people are you bringing? _____

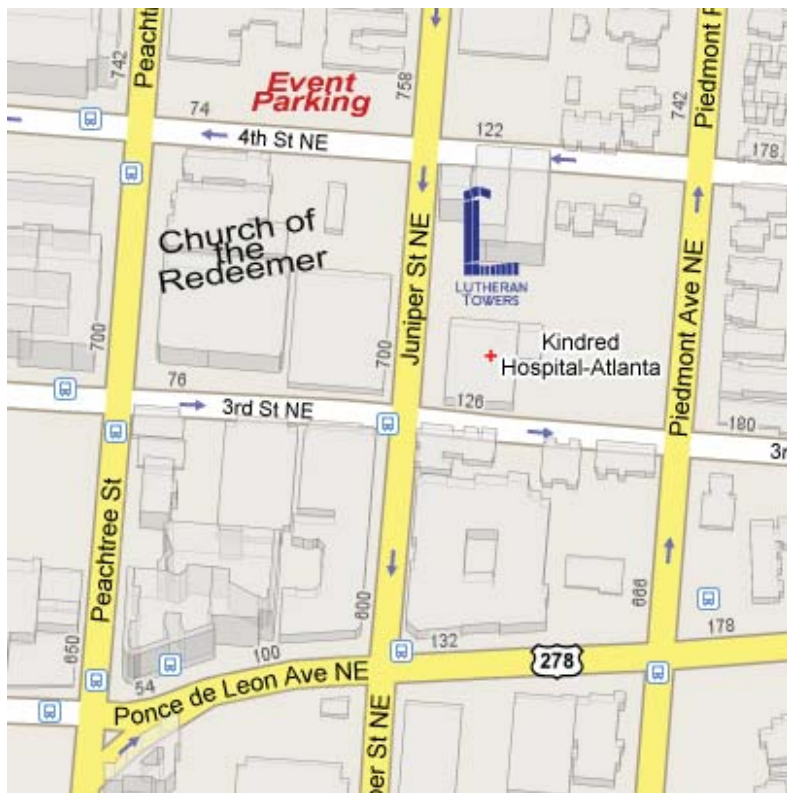
Organization: _____

Address: _____

Phone: _____ E-mail _____

Since moderate room temperatures are difficult to regulate to everyone’s satisfaction, layered clothing is suggested.
Space is Limited. You must register to attend.

Please FAX registration to the Center for Positive Aging at 404-872-1737
Contact Zandra Matthews at zmatthews@LutheranTowers.org for additional information



Lutheran Church of the Redeemer
731 Peachtree St. NE
Atlanta, GA 30308
(404) 874-8664 or www.redeemer.org

Redeemer is located at 731 Peachtree Street, NE, in Atlanta, GA, between 3rd and 4th Streets, three blocks east of the I-75/I-85 expressway through the center of Atlanta. We are one block north of the Fox Theatre on the opposite side of Peachtree Street. (Free parking is available in our 4th Street parking lot at all times.) We can also be reached from the MARTA rail system. Take a northbound or southbound train to the N3 station at North Avenue, then exit the station at the north end, turn right on 3rd Street, go one block to Peachtree Street, and you’ll see Redeemer on the left.