

YOU ARE CORDILY INVITED

Friday May 11th “Healthy Lifestyle Luncheon”
Noon – 2PM

Where – The War Memorial Building in Balboa Park (Corner of Park & Zoo Drive
far North corner of the parking lot)



Speaker – Karen Sadler

Subject – The Longevity Factor! Living to 100, Your New Life and Work

Vision. Some people believe work isn't fun while others found their passion and find work joyous and fulfilling and have no plans to stop. *Retirement means stop.* The age of retirement was created in a world that no longer exists – when we were an agricultural nation - when few people lived past 70. Let go of the concept of retirement.

Embrace life transitions. Frailty and dementia are not inevitable but it is your actions and thoughts today that help determine your vitality. It's shifting your belief from if I turn 100 to when I turn 100. Revise your old blueprint for life. Learn the secrets of what active centenarians know. Learn how visioning, a process that creates without limitations, allows us to embrace better health, more wealth and freedom through every day of our life. Change your life today and see the results tomorrow.

Entrainment – Myron & Robin Frame – Back by popular demand!



Cost - \$3.00 Co-Sponsored by Souplantation, Humana & San Diego Parks & Recreation Senior Services Department.

COME OUT AND JOIN IN THE FUN *Great Food, Entertainment, and Speaker* This will be a great event make new friends get reacquainted with old ones. Bring a friend or 2! Don't forget our great Basket Raffles!

RSVP to 619.226.1324 (leave message)

Sponsored in part by the Souplantation, Humana, and the City of SD Parks & Recreation Senior Services Department.