



# AGING WITH ATTITUDE

Life-Long Learning for Boomers and Seniors

Join us on a journey through the Golden Years of life, as we discuss topics surrounding health, well-being, loss, family, longevity and romance. **Free Monthly Education Sessions** on a variety of topics will take place at City of San José Community Centers. Sessions are open to active adults, family or care-givers. For more information, visit [www.sanjoseca.gov/prns](http://www.sanjoseca.gov/prns).

**RELATIONSHIPS**

**March 2013**  
Close Friendships and Relationships

**April 2013**  
Understanding our Losses

**May 2013**  
Caring for Loved Ones

**HEALTHY AGING**

**June 2013**  
Fitness for Seniors

**July 2013**  
Fall Prevention

**August 2013**  
Our Mature Wellbeing

**MAINTAINING "IT" WELL**

**September 2013**  
Normal Life Stresses

**October 2013**  
Living with Chronic Illness

**November 2013**  
Depression and Anxiety

**PLANNING FOR THE FUTURE**

**December 2013**  
Planning for the Future

**January 2013**  
Our Longevity

**February 2014**  
Happy 2014 Celebration

Inquire with City of San José Community Center staff for their specific Monthly Education Sessions Calendar.

If information is needed in another language, please contact the City of San José Department of Parks, Recreation and Neighborhood Services at (408) 535-3570. Para recibir información en una lenguaje diferente, por favor llame el Departamento de Parques, Recreo y Servicios Comunitarios de la Ciudad de San José (408) 535-3570. Kung kailangan ninyo ng impormasyon sa ibang wika, mangyaring tumawag sa City of San José Department of Parks, Recreation and Neighborhood Services sa (408) 535-3570. Nếu cần thông tin bằng một ngôn ngữ khác, xin liên lạc City of San José Department of Parks, Recreation and Neighborhood Services tại số (408) 535-3570. 如果需要其他語言的資訊, 請聯絡 City of San José Department of Parks, Recreation and Neighborhood Services, 電話是 (408) 535-3570.

A partnership between the Santa Clara County Mental Health Department and the City of San José Department of Parks, Recreation and Neighborhood Services.

