



LIVING OUR BEST YEARS WITH WISDOM AND GRACE

We enter our later years with the meaning and experience gathered from our earlier ones.

This is a support group to explore issues and support one another as we move into later life regardless of where we begin- 50's-90's. This group will help you harvest, sort, explore, enjoy and begin again as you continue your journey wherever it takes you in sickness and health, in grieving and loss, in new beginnings and joy, in forgotten passions and new ones found.

RESOURCE BOOK

The Inner Work of Age-Shifting from Role
to Soul by Connie Zweig, Ph.D.

3 sessions: September, 29th | November, 6th | November, 13th
10.00 - 11.30 am

COST

\$300 for 3 sessions
(sliding scale available)

Meet your group leader, have your questions answered and register to save a spot. Group size is limited to 6 participants.

GROUP LEADER



Marilee Stark, Ph.D.

Marilee is a retired psychologist in the San Francisco Bay Area and currently a life transitions coach for individuals, groups and families. She is also a mother, writer, and teacher.

You can do this through her website,
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by email
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or by phone
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