

Age with

morning, May



SATURDAY

29<sup>th</sup>,

Ellen B. Ryan

Professor Emeritus



*Psychiatry & Behavioural Neurosciences,  
And Gerontology  
Associate Member, Rehabilitation Science  
Ph.D., University of Michigan*

*We, at **St Paul's United**, invite you to spend the morning with us.*

*We are privileged to have **Dr. Ellen B. Ryan**, a dynamic speaker and well known retired professor of psychology and gerontology at McMaster University, lead this workshop at our church.*

*Her research demonstrates how empowering communication fosters personhood and successful aging. For the McMaster Centre for Gerontological Studies, she serves as Series Editor of Writing Down Our Years, a set of inexpensive books designed to highlight the many benefits of writing life stories for older adults and those with whom they share their stories and poems. The most recent book in the series is entitled Celebrating Poets over 70 and presents the best of over 1000 poems submitted by writers aged 70-103. Her recent talks and workshops include Seeking Meaning in Retirement, Choosing to Age with Vitality, Why Write Your Life Story, and Asking for Help Through Story.*

*This should prove to be an enjoyable morning... For you late risers, there will be coffee and goodies ready to fill your tummy, when you arrive.*

*This event is open to everyone in the community. Bring your friends and learn how to age with more vitality.*

*Beginning at 9:30 a.m.*

*at 454 Rebecca St Oakville (beside the Y.M.C.A east of fourth line on the south side) R.S.V.P **905 845-3427** or email **[spunited@bellnet.ca](mailto:spunited@bellnet.ca)***