



SANTA ROSA
JUNIOR COLLEGE

OLDER ADULTS PROGRAM
FREE ON-LINE SUMMER SESSION COURSE

AGING *GayFully!* *for older LGBT adults*



WISDOM! LAUGHTER! CONNECTION!

Discover LGBT aging strategies and community support as you share your unique life experiences and sense of humor with your Lesbian, Gay, Bisexual and Transgender peers!

CONTENT:

The skillful aging strategies covered in the class come from increasing interest in the potential of an extended human lifespan and studies of what contributes to making those later years more purposeful and enjoyable. Our discussion of these strategies will be in the context of our personal and collective experiences as older lesbian, gay, bisexual, and transgender adults.

FORMAT:

Class meetings are held on ConferZoom and are approximately two hours with a 10-minute break. Each class follows a discussion format where, following a brief introduction of the topic, participants share from their own perspectives and experiences. The topic for the next class is e-mailed early in the week to each participant along with a handout to stimulate reflection. The instructor will adapt topics to the needs of the group.



Instructor: Gary "Buz" Hermes MA

Buz has facilitated workshops, classes, and discussion groups for the LGBT community for over thirty years. He now loves sharing his passion for empowering aging strategies with his LGBT peers. More bio info at <https://profiles.santarosa.edu/gary-hermes>.