



## AGING *GAYFULLY!*

### **CONTINUATION CLASS**

This class is a kind of “practicum” where the optimal aging strategies presented in the Saturday Introductory Class can be personalized and practiced. It is a safe supportive opportunity for LGBTQ elders to share their life experiences and aging challenges. Topics for discussion may be suggested by students or by the instructor. Guest speakers are sometimes invited to share information about aging resources. The sharing of wisdom, humor and compassion is encouraged. While taking the Introductory Class is not a pre-requisite, it is recommended. For more information, you can contact the instructor at [ghermes@santarosa.edu](mailto:ghermes@santarosa.edu) or (707) 227-6935.