



Landon Center on Aging

Brownbag Lunch Series

Noon to 1:00 p.m.

at the

Landon Center on Aging

Shifra Stein is well-known in the Kansas City area for her artwork, many magazine articles and books, including the popular series of DAY TRIPS books.

May 5, 2004

Day Trips from Kansas City

Author Shifra Stein offers a fun and informative talk about things to do and see within a short drive from Kansas City.

May 19, 2004

***How To Travel Well In
Today's World***

Author Shifra Stein offers travel tips that will help make your vacation easier and more enjoyable.

June 2, 2004

Journaling for the Health of It

Discover how journaling can have a healing, positive effect on mind and body. Learn techniques that help jumpstart creativity, encourage self-discovery and promote physical and mental well being.

June 23, 2004

The Creative Journey

A lively and informative presentation on ways to jumpstart the imagination and maintain a creative state of mind.

**Call Matt Chandler at 913-588-3094 to RSVP
Space Is Limited**