

Theo & Alfred M.
Landon
Center on Aging

Brownbag Lunch Series

Noon to 1:00 p.m.

at the

Landon Center on Aging, Room 200

*Crossing the Unknown Sea:
The Pilgrimage of Aging*

February 23, 2005

**Presenter: Carol McAdoo Motivational Speaker
& Facilitator**

This session will focus on the joy and the difficulty of life transitions. Using the westward movement of the early settlers as a model for the aging process, participants will explore and honor their personal journey with humor and pride. Claim the best today has to offer! Claim the possibilities of tomorrow.



<http://www2.kumc.edu/coa>

Bring a lunch and enjoy the presentations. Refreshments and dessert provided.
Free , convenient parking.

Call Matt Chandler at 913-588-3094 to RSVP. Space is limited.