

# Balance in a Busy Life

## Living the Life You Want To Live

### SPECIAL EVENT

NOON TO 1:30 P.M.

AT THE

LANDON CENTER ON AGING, ROOM 200

## October 28, 2008 (Tuesday)

### Presented by: Mary Pebley, Humor Therapist

Retirement... time to do the things we want to do. Time to putter in the garden, play golf, read good books and have lunch with friends. All this activity takes energy and suddenly we feel over-committed and overwhelmed by our busy lives. How did this happen? You are not alone; the majority of people today lack balance and feel stuck in their "busyness".

This program is an opportunity to "come up for air" to reflect on the things that really matter. You will identify the "Energy Drainers" in your life – and the stimulating and re-vitalizing "Energy Gainers" that add enjoyment and meaning to your life.

Join us for lively discussion, quiet reflection, and sharing of ideas for a more balanced and energizing life during our "mellow years".



THEO AND ALFRED M. LANDON  
CENTER ON AGING

University of Kansas Medical Center  
3599 Rainbow Blvd., Kansas City, Kansas  
<http://www2.kumc.edu/coa>

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