



*Beauty is a miracle of things
going together imperfectly.*
Anne Lamott

**Workshop leader:
Audrey Danaher RN, MSc**

Audrey is enthusiastic about possibilities for women at midlife. Her career has been dedicated to women's health and well-being in the community, building on strengths and resilience. Audrey blogs about a wide range of issues facing women, and facilitates workshops on life changes.

Find out more about Audrey on her blog, [From Here to There: Navigating Change for Women at Mid-life and Beyond](#)

Women at midlife & beyond: *Myths, facts, possibilities, and you*

A workshop for women 55 years and over

January 20, 2017, 10:00 am-3:30 pm

**Are you a woman, aged 55 years and over?
Are you interested in new possibilities for 2017?**

This workshop will help you reflect on how you can live a more full and vibrant life.

- ✓ Understand the enormous potential of this life stage
- ✓ Explore options
- ✓ Embrace the power of a community of women

Through conversation and experiential exercises, we will debunk the myths about getting older, and identify new pathways.

- ✓ Open up dreams and possibilities
- ✓ Work with doubts and fears
- ✓ Identify your own next steps

Where: Centre for Social Innovation- Annex 720 Bathurst

When: Friday, January 20, 10:00 am -3:30 pm
(Registration at 9:30 am)

Cost: \$75 (includes morning coffee/tea)
Purchase tickets here: <https://www.eventbrite.com/e/women-at-midlife-and-beyond-myths-facts-possibilities-and-you-tickets-28948061431>

Workshop can accommodate up to 20 women.

For more information contact Audrey at womenheretothere@gmail.com

