

# Class Syllabus

## **Week 1 : Healthy Aging for the Mind & Body**

We will discuss strategies that will nurture your body & mind.

## **Week 2 : Emotional Wellness & Resilience**

We will explore ways to find joy and purpose in the golden years.

## **Week 3 : Grief & Life Transitions**

We will learn how to navigate loss and discover the tools to help manage grief.

## **Week 4 : Legacy & Estate Planning**

We will discuss wills, legacy projects, and advanced directives.

## **Week 5: Self-Care & Stress Management**

We will discuss the importance of prioritizing self-care of mind body & spirit.

## **Week 6: Staying Connected & Building Community**

We will address the importance of relationships & discuss strategies for staying connected.