

Course Flyer: Living a Full and Loving Life in Your Sixties, Seventies, and Beyond

✿ Discover Meaning, Connection, and Joy in the Second Half of Life ✿

Join us for a transformative 6-session small group course designed for those in their sixties, seventies, and beyond who are ready to reflect, grow, and embrace life with open hearts and wisdom. Whether in person or online, this course offers a safe, nurturing space to explore what it means to live fully and love deeply.

What You'll Explore:

- Who you are becoming as you step into elderhood
- How to shift from fear to love, scarcity to abundance
- Wisdom gained from the many roles you've played
- Practices of love, encouragement, and connection
- Courageous reflections on mortality and legacy
- Integration, gratitude, and celebration of your journey

Course Includes:

- Six 90-minute sessions, meeting biweekly
- Opening meditations and personal check-ins
- Guided discussions, storytelling, and journaling
- Opportunities for leadership and co-creation
- Optional continuation into a second series

Who Should Attend:

Anyone in their sixties, seventies, or beyond seeking deeper meaning, spiritual growth, authentic community, and a space to reflect on life's next chapter. All faiths and backgrounds are welcome.

Why This Course Matters:

This is more than a class—it's a circle of wisdom and belonging. In a world that often overlooks the gifts of aging, this course honors your journey, affirms your value, and supports your next steps with compassion and courage.

Come as you are. Leave with more love, clarity, and community.

A Personal Note About This Journey

This is a course that meets the soul.

More than lessons or lectures, this journey is about being seen and heard—perhaps in ways that have long been yearned for. It's a sacred circle—a pause in life's pace where each voice matters, each story holds wisdom, and the richness of aging is not just acknowledged, but celebrated.

This is a course rooted in interconnection. It recognizes that we live in many “worlds” and carry many identities. Through guided meditations, heartfelt discussions, and gentle reflections, we begin to see the threads that unite our life experiences—and those that connect us to others.

This course honors the full spectrum of life. There's space here for joy and grief, clarity and confusion, letting go and holding on. In contemplating legacy, love, and mortality, we're not turning away from life—we're turning more fully toward it. With openness, courage, and grace.

And above all, this is a course about love. Not just love as sentiment, but love as a way of being: in how we speak to ourselves, in how we meet others, in how we care for the world. Love as the motivation, the navigation, and the inspiration—as Dr. Obsatz so beautifully says.

If you're feeling called, come as you are. You don't need answers—just your presence, honesty, and willingness to be in community. What unfolds will be shaped not just by the materials, but by the sacred alchemy of being together.