



ageUp

AGEISM TRAINING 101

To shift the mindset of aging through research, innovation, and education.

WEDNESDAY
DEC 4 & 11
1:00-3:00 pm



The AgeUp Task Force



Aging is inevitable. Research shows that how we internalize images and messages of aging impacts how we age. This informational 2-hour training session will provide insight into shifting the ageism mindset with group activities, research and discussion. This session is led by representatives from the AgeUp taskforce, which includes members of staff and residents from the Bayview Community, as well as Karen Tanzy, PhD.