

"If you didn't know
how old you are,
how old would you
be?"

—Satchel Paige



HSERV 70 An Introduction to Human Aging

Cabrillo College Presents

Life across time: An Introduction to Human Aging

Through movies, discussions, guest lecturers and field trips takes us on a journey exploring many of the questions we all have about our futures.

Is Age a State of Mind?

- ❖ Aging is a fact of life, but are there optimal ways to age?
- ❖ Do you have specific attitudes or prejudices about the aged or the aging process?
- ❖ What tools will be necessary to establish good intergenerational relationships with elders?
- ❖ AND... What about all those jobs coming up in Services for Older People ???!!!

What have other students said about this course?

“The variety of exercises and lectures and all the wonderful guest speakers really made it work. This was real life first hand information!”

“... This is a growing field and I'm interested in what jobs will be available for a worker. This course put me on track.”

“It was great to hear how people in the aging industry get where they are.”

“The focus on attention and memory was really important. I liked learning about how older people think differently and what optimal aging was all about.”

Taught by
Patrick A. Meyer, LCSW

Meets Tuesday evenings
from 6:10 to 9:20 pm

For more information call:
831.479.6210

Or go to: <http://www.cabrillo.edu/>