



Laguna Woods Village®



JOURNEYING FROM
AGE-ING **TO** SAGE-ING™

Performing Arts Center Rehearsal Room | Mondays 10:30 - Noon
Class sessions are six weeks | \$18 paid to instructor first day of class
Class starts June 5

Recognize the importance of your elder years

- Open to your inner voice through brief class meditations
- Harvest the wisdom of your life's experiences
- Create your legacy for future generations

For more information, contact Lois K. Rubin, PhD, MFT, licensed psychotherapist, certified Sage-ing™ seminar leader and mindfulness meditation facilitator, at soulhlr@yahoo.com. Register via ActiveNet, the recreation office or recreation@vmsinc.org.

CALL 949-597-4273 OR EMAIL RECREATION@VMSINC.ORG