

It's never too late to

ENGAGE IN COURAGEOUS AGING.

Humanity defines social norms that explain aging trends and establish expectations for the masses. Most people come to accept things like forgetfulness, confusion, poor health and loneliness as part of the normal aging process. However, we never have to look far to find exceptions to the trends. These exceptional people are **Courageous Agers!** **Courageous Agers** see aging as an opportunity to learn new things, develop new strengths and **engage** in life in new and exciting ways! How will you **age**?



SOCIAL
COURAGE



PHYSICAL
COURAGE



MENTAL
COURAGE



CaptionCall[®]
Life is Calling