



Don Heights Unitarian
Congregation Presents...



Spirituality
for the
Long Haul
Dr. Nancy
Reeves*
Sunday
March 2nd
1:30 – 4:00pm

The workshop is designed for adults of all ages. When you look towards your future, what do you imagine? What words spring to mind? – maturing? - ripening? - aging? - getting old? – deteriorating? – growing?

North American culture is youth oriented. An older product or person is often viewed as 'close to expiry date', 'out-moded', and 'less effective.' And the reality of aging does often involve changes that lead to some physical, emotional or mental restriction. So, does that mean aging has to be a time of diminishment and negatively? Can anything save us? (sound of trumpets) Yes, there is hope! 'Spirituality' gallops to the rescue! The way we shape our beliefs, values, and meaning of life, can help our aging process be a time of personal fulfillment. Dr. Reeves has drawn from a number of role models and faith traditions to suggest practical spiritual attitudes and behaviours that can be used by people of any age to prepare for their future.

*Dr. Nancy Reeves, spiritual director, psychologist, facilitator and author. Nancy is adjunct faculty at the University of Victoria and presents in 8 countries. She is known for her lively presentation style, heart-warming stories and practical information.

You may find more about her on her
website: www.nancyreeves.com

By donation, limited seating. Contact office to register.

Don Heights Unitarian Congregation - 18 Wynford Drive suite 102
Phone - 416-444-8839 * Email - office@donheights.ca * Website - www.donheights.ca