



801 E. Front Street, Traverse City, Michigan 49686

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*Making longer lives, better lives.*

**\*FOR IMMEDIATE RELEASE\***

**Date: Friday, September 1, 2017**

Contact: Lori Wells, Manager

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**Subject: Age Matters**

**Interlochen** – Intellectually, most people understand aging – emotionally, maybe not. Rather than fighting a losing battle to stop the passage of time – or becoming bitter – you need to accept the ageing process and all that goes with it as a reality. A small but growing number of experts are trying to change the way society looks at and deals with growing old. They seek to have us stop viewing old age as a problem or an affliction – instead find a balance, accepting age as a natural part of the life cycle and achieving a better understanding of ourselves.

So, what does it mean to accept our changing reality, as we grow older? In the series, “Age Matters”, Dr. Mary Beth Hardwicke and Susan Griffins, MSW, RN focus on the many factors in aging.

In the first session of “Age Matters” on Monday, September 11, 1 p.m., at the Golden Fellowship Hall, 9700 Riley Road, Interlochen, Dr. Hardwicke will discuss common ailments that occur as one ages, present ideas for their prevention and answer general questions. Dr. Hardwicke received her B.S. from the University of Michigan in 1980 and her Medical Degree from Wayne State University School of Medicine in 1984. She spent 10 years in Medical Education and spent another 16 years in an Internal Medicine practice.

The second session of “Age Matters” on Monday, September 18, 1 p.m., at the same location in Interlochen, is led by Griffins, as she discusses the “Five A’s” and how they can help dissolve negative feelings and stereotypes, cultivating an attitude of gratitude. Griffins has a BSN in Nursing and a Masters Degree in Counseling, working in Hospice as a nurse and facilitating grief support groups.

The two sessions of “Age Matters” are free, but advanced registration is required by Friday, September 8. Participation in both sessions is encouraged.

The Senior Center Network, part of the Grand Traverse County Parks and Recreation Department, offers diverse programs to older adults in Grand Traverse County. Thousands each year enjoy dozens of activities on a daily basis at locations in Traverse City, Acme, Fife Lake, Interlochen, and Kingsley. Business hours are Monday through Friday, from 8 a.m. to 5 p.m. For more information, call 231-922-4911, or visit [www.grandtraverse/scn.org](http://www.grandtraverse/scn.org) or our Facebook page.



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For more information and to register, email [dmikowski@grandtraverse.org](mailto:dmikowski@grandtraverse.org) or call 231-922-4911.

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