

Somerville Council on Aging Presents:

Living YOUR Best Life

Enroll in the *Living YOUR Best Life Course* and learn how to become stronger and more resilient.

This six week course will begin on Tuesday, March 10th at 9 AM.

167 Holland St (Holland St. Senior Center)
Somerville, MA 02144
Every Tuesday: March 10th-April 14th
9:00 AM

- Learn in depth knowledge about the 10 Tools for Resilience
- Meet new and interesting people!
- Share your personal insights and learn new strategies from others!

10 Tools for Resilience

1. Maintain good relationships with close family members, friends and others
2. Avoid seeing crises or stressful events as unbearable problems
3. Accept circumstances that cannot be changed
4. Develop realistic goals and move towards them
5. Take decisive actions in adverse situations
6. Look for opportunities of self-discovery after a struggle with loss
7. Develop self-confidence
8. Keep a long-term perspective and consider the stressful event in a broader context
9. Maintain a hopeful outlook, expecting good things and visualizing what is wished
10. Take care of your mind and body, exercising regularly, paying attention to your own needs and feelings

Funding for this program is provided by the Massachusetts Councils on Aging, though a grant provided by the MA Executive Office of Elder Affairs. MCOA is grateful to the Cape COAST (Councils on Aging Serving Together) who originally developed the 'Live Your Life Well' Resilience one-day training that has resulted in this expanded course, 'Living YOUR Best Life'.

Contact Ashley at 617-625-6600 extension 2318 to enroll; lunch will be served.