

THE 2008 SECOND ANNUAL NATIONAL

POSITIVE AGING CONFERENCE

ACHIEVING PURPOSE,
MEANING AND VITALITY IN
THE SECOND HALF OF LIFE

NOVEMBER 12, 2008



With a goal towards advancing a national conversation around positive aging, this day-long conference will share important tools and resources to explore purpose, meaning and vitality in the second half of life. Broadcast live from the University of Minnesota's Center for Spirituality & Healing, world-renowned experts and best-selling authors will address the importance of purpose and meaning in later life as well as lessons for health and longevity learned from regions around the world.

TENTATIVE AGENDA

- Registration and Continental Breakfast
- The Purpose Revolution: Pursuing Purpose, Meaning and Vitality (Mary Jo Kreitzer)
- The Midlife Opportunity: A Whole New Way to Age (Richard Leider)
- Three Paths to Find Meaning and Purpose for Our Life (Richard Bolles)
- Later Life Creativity (Harry R. Moody)
- Conversation/Dialogue
- The Blue Zones: Unlocking the Secrets of Longevity (Dan Buettner)
- Policy Implications of Positive Aging (Joanne Disch)
- Conversation/Dialogue

The conference will feature experts and thought leaders including Richard Bolles, author of *What Color is Your Parachute?*; Richard Leider, author of *Something to Live For* and founder of The Purpose Project; Mary Jo Kreitzer, Director, Center for Spirituality & Healing; Harry R. Moody, Director, Academic Affairs for AARP, Dan Buettner, explorer, educator and author of *The Blue Zone: Lessons for Living Longer from the People Who Live the Longest*; and Joanne Disch, Director, Densford International Center for Nursing Leadership.

The **St. David's Community Health Foundation** is pleased to provide an opportunity to participate in this ground-breaking conference via webcast technology. Participants will be able to ask questions of presenters via the web.

Time: Wednesday, November 12, from 8:00 am to 4:30 pm. Mid-morning snack, lunch and afternoon refreshments will be provided.

Price: FREE. Registration is required.

To register for this conference, contact Michael Wilson at mwilson@sdchf.org or 512 -879-6614. Space is limited.

Austin site hosted by:



The promise of a better life.

Presented by:

UNIVERSITY OF MINNESOTA

Center for Spirituality & Healing

THE PURPOSE PROJECT