

Community Living Campaign (CLC) and California Alliance for Retired Americans (CARA) hosted a joint training for leaders willing to volunteer as the first round of trainers/facilitators for the **Connections for Health Aging Workshops to be hosted by CARA Action Teams in key locations around the state. Participants experience the key training aspects, including their own thoughts about health aging and their personal preparedness with CLC workshop leaders Marcia Peterzell and Linda Silver (pictured directly below.) CARA Executive Director keeps everyone active and engaged with a bit of movement (bottom left).**



Healthy Aging

Positivity	Humor
Connectedness	Keep health together
active	Open to new ideas
Purpose	Pass on history
accomplishment	
Social	<u>Obstacles</u>
ruminating in past	physically slow down
friends dying	depression aches & pains
isolation	lack of goal denial
transportation	money/care overmedication
	economic security



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CARA
Headquarters
Oakland CA