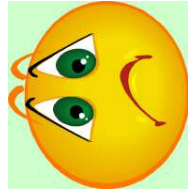


CREATING YOUR JOURNEY
FOR THE 2ND HALF OF
LIFE

The approach of the 2nd Fifty Years of life can elicit many different emotional responses. Some of us will be giddy with excitement for the possibilities that it represents, while others will be a bit scared.

Whatever your response is, this group represents a safe opportunity to explore your emotions, study your options and enter into this phase of life with a sense of peace and direction.



A safe place to explore your feelings!

CREATING YOUR
JOURNEY FOR THE
2ND HALF OF LIFE

The Family Life Center

703 Compton Road
Cincinnati, Ohio 45231



The Family Life Center
703 Compton Road

Six bi-weekly Saturday classes
begin on January 30, 2010.
10:30 - Noon



*A Faith-Based Outreach of
Northminster Presbyterian Church*

Contact us: 513-931-5777, or
flc@nmpchurch.org, or
<http://tinyurl.com/FamilyLifeCenter>
for information and for
other groups that provide help
for all ages and stages of
life & life issues.

Travel Guides for the 2nd Fifty Years
 Wednesdays, 7-8:30 PM
 The Family Life Center
 703 Compton Road
 6-week session (meets bi-weekly) begins
 Saturday, January 30, 2010

GROUP SUPPORT AND INFORMATION

Your participation in this six week series will allow you, or you and your partner, to plan for the future.

Amy Rust and **Betty Steinker** are part of Capstone Legacies, which writes Tips Books for the second half of life.

- ◆ They will guide you through a series of sessions that will allow you to develop your personal travel plan, covering everything from financial tips to "Aging and Sage-ing," with stops in-between for planning your healthy life, downsizing and moving, or eliminating all that excess "stuff" in the attic.
- ◆ If you need to finance the travel, you will enjoy the session on second careers. You will start your trip meeting your travel companions, learn what others are packing, and you will end your trip with your personal tips books filled out - ready to depart on your next exciting journey.
- ◆ So whether you come by plane, train or automobile please join us!

Class Facilitators:

Amy Rust has co-authored two of the Tips Books, *How to Create Your Own Retirement and Tips for Creating Your Second Career*. She is the Managing Editor of *Capstone Legacies*, the creators of the *Second Fifty Years Books*. Amy has an done extensive career coaching and corporate training. Professionally, she has been active in ASTD, American Society for Training and Development, and has served as the training director for the American Red Cross and ADP.

Elizabeth (Betty) Steinker brings over 22 years of seasoned marketing, "downsizing" and healthcare experience. She operates Cincinnati Estate Sales — "the Tag Sale Specialists." Betty's wisdom and expertise are captured in her tip book *Downsizing and Moving*.

Participants will receive copies of these tip books to use as a part of this program.

FORMAT: Weekly sessions on Saturday mornings, from 10:30 AM—Noon

Week 1: Preparing Your Itinerary

Week 2: Funding the Trip (Jim McGrath, Johnson Investments)

Week 3: A Healthy Trip (Dr. Charles Eger)

Week 4: Where is home base?

Week 5: Travel with purpose

Week 6: My/Our Travel Plans — the spiritual side (Speaker: TBA)



703 Compton Road
 Cincinnati, Ohio 45231

Bring or mail completed form to address above or fax to: 931-0260
 E-mail: FLC@nmpchurch.org

Registration for Travel Guides:

Sign up for: _____ Time _____ Price _____
 Saturdays, beginning 7-8:30 PM FREE !!
 1/30/2010

Name _____

Address including zip code _____

Phone and e-mail _____

How did you hear about us? _____