

St. James Episcopal Church presents a two-session seminar:

## Aging With Grace and Joy

### As Time Goes By: Insights for Growing Older With Purpose

Friday, September 10 6:30 pm—8:30 pm

If you are over 50, this session is for you. For the first time in your life you may find yourself free or nearly free of the pressure to have a career plan or children that need rearing. Cary Gray Kelly, a certified life coach specializing in helping people design purposeful lives, will lead an exploration about living into the later decades of life with joy, purpose, energy and intention. The best life is one that is planned for, so join us on this evening to begin designing your future and living the life you've been given with gusto.

### Reversing Roles: Caring for Aging Parents

Saturday, September 11 9:00 am -2:00 pm

Parenting your parents comes with complex emotional burdens. In Saturday's session Cary Gray Kelly brings insights and tools for managing the demands of multi-generational living while caring for aging parents. Cary is an engaging, vibrant speaker, who will help caregivers see their situations with new eyes and new possibility.



*Cary Gray Kelly helps people create a life of intention and purpose. With over 15 years experience in organizational and personal development, Cary brings a wealth of knowledge to those looking for ways to experience improved performance or personal growth. She is the President of Cary Gray Kelly, LLC, attended the University of Virginia and resides in Alexandria with her husband. Her sessions are interactive and applicable to where people are "living", as she takes time to draw out the concerns and needs of seminar participants.*

### Details and Registration

Dates: September 10 & 11, 2010

Times: Friday evening: 6:30 - 8:30 pm

Saturday: 9:00 am - 2:00 pm

Place: The Gallery of the Louisa Arts Center  
212 Fredericksburg Ave. Louisa, Virginia

Cost: Friday evening only: \$10

Saturday only: \$20

Friday and Saturday: \$25

Lunch Saturday: bring your own.

Drinks and dessert provided

Dress: informal and comfortable

#### Registration deadline:

**Wednesday, September 1, 2010**

Limited to the first 40 paid

registrations for each or both events

(Registration forms also online at [www.stjameslouisa.org](http://www.stjameslouisa.org))

### Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Register me for:

Friday Night session only (\$10)

Saturday session only (\$20)

Both sessions (\$25)

Amount Enclosed \$ \_\_\_\_\_

Mail Registration to:

St. James Episcopal Church

P.O. Box 1216, Louisa, VA 23093

**Make checks payable to:**

**St. James Episcopal Church**

Questions? 967-1665