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Aging for Life - Chesterfield Council on Aging

Date and Time

Thursday 8/23/2018 9:00 to 10:30am

Event URL

[Chesterfield Senior Events](#)

Event Region

Richmond Area

Event Type

Meeting

RSVP Info

804-768-7878

Event Cost

\$0.00

Event Description

What does it mean to grow older? Learn about the experiences that shape us and dialogue on the importance of purpose, relationships, and wellness. Embrace the gift of longevity and the beauty and strengths of growing older. Ayn Welleford, Chair of VCU's Department of Gerontology, works to #DisruptAgeism and serves as a co-lead of the Greater Richmond AgeWave Collaborative. Sponsored by the Chesterfield Council on Aging. Thursday, August 23, 2018 9-10:30am