



## **Program Offerings**

### **LIFE REVIEW**

- Guided Autobiography<sup>©</sup>
- The Illuminated Life Workshop<sup>®</sup>
- Telling Your Life Story: Different Models of Approach
- Life Review: Exploring Your Future Self
- Ethical Wills
- Implementing a Life Review Program (Staff Training)

### **COGNITIVE VITALITY**

- Memory and Mental Fitness
- Mental Aerobics
- Implementing a Cognitive Vitality Program (Staff Training)

**About the facilitator:** Hope Levy is the owner of There's Always Hope, a San Francisco-based consulting firm that specializes in developing and delivering customized lifelong learning programs through educational institutions such as City College San Francisco, where she is formerly acting chair of the Older Adults Department, San Francisco State University, older adult communities, and other community based organizations. She also provides consulting services to non-profits, public and private sector organizations. With over twenty years in the field, a Masters degree in Gerontology, and a Masters degree in Special Education, Hope Levy stays current on cutting-edge research and developments in the field in order to continually find new, effective, creative, and engaging ways to empower people to maintain and improve their cognitive vitality.

For further information, or to talk about a customized program, please contact Hope Levy at [hopelevy@yahoo.com](mailto:hopelevy@yahoo.com), or 415.931.8679.



**See our website at**  
**[TheresAlwaysHopeConsulting.org](http://TheresAlwaysHopeConsulting.org)**

