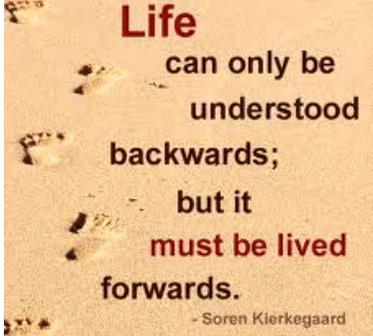


<p>FREE CLASS</p> <p>CREATIVE WAYS TO TELL YOUR LIFE STORY THROUGH GUIDED AUTOBIOGRAPHY</p>	 <p>Life can only be understood backwards; but it must be lived forwards. <small>- Soren Kierkegaard</small></p>
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***An opportunity to explore where you've been, where you are now,
and where you're going***

Sharpen your memories, learn more about the meaning of your life, and share your stories with others. This course is particularly helpful to people facing transition and to those interested in beginning or continuing to work on an autobiography, memoir or other life review project. Participants will review their lives through a semi-structured topical and group approach, which is based on a proven method created by recognized gerontologist, James Birren, Ph.D. In each session we will engage in personal development activities as well as complete and share a two-page narratives on one of a progressive series of themes. A week-by-week schedule is available at the class or online at www.TheresAlwaysHopeConsulting.com.

WHEN: Tuesdays, August 22 –October 17, 2017
1:30 to 4:20 PM - Join us anytime

WHERE: **San Francisco Public Library**
Learning Studio at the Bridge on the 5th Floor
100 Larkin Street (at Market)
Easily accessible by MUNI and BART

COST: **FREE - Join us anytime!**

To ENROLL: Simply attend the class, and fill out a registration form on site. If you would like additional information please contact Hope Levy at 415.931.8679 or hopelevy0@gmail.com; or the Older Adults Department at 415.452.5838.

THE INSTRUCTOR: Hope Levy has over 20 years teaching experience the training and education She holds an MA in Gerontology and an MA in Special Education from SF State University. Through her work, Hope promotes positive aging through her passion for lifelong learning.

The Encore Learning Department of City College sponsors this class in partnership with the San Francisco Main Library. The Encore Learning Department of City College offers classes designed for adults 55 years old or better, though all are welcome to attend. All classes are FREE.



San Francisco Public Library

