



# “Embracing Your Aging Self”

Presented by Kari Berit, speaker, author, consultant

**DESCRIPTION** What’s the difference in your mind between aged wine and aged hands? Aged wine is certainly valued and treasured. Aged hands, however, are not. It’s all a matter of how we perceive aging and the worth of older things and people in our notoriously youthful-minded society.

Kari Berit peppers her engaging speaking style with story telling. She recalls her own experience, in third grade, of being told by classmates that she had granny hands (old and wrinkly). “To she says: Even at age eight, kids are forming negative opinions about growing old.”

What’s unique about her seminars is that they appeal to all age groups. That’s because she identifies and dissects aging’s various components—some of which we experience much sooner than we expected to! Kari Berit discusses choices we have as we get older, including inappropriate responses many aging and senior folks fall into because they’ve not taken the opportunity to consider other options.

**FORMAT OPTIONS** Keynote, half-day or full-day workshops, Senior Expo. Can also be used in conjunction with staff training, or as a Health and Wellness kick-off program (*SEE page 2 for detailed full-day workshop*)

**TARGET AUDIENCES** Anyone who is feeling older and is looking to feel younger!

**BENEFITS & OBJECTIVES** Learn how to:  
take the fear out of growing older  
be more comfortable with your own process of aging  
work with clients in facing aging issues using facts of aging in a practical, down-to-earth manner  
encourage those caught in the Sandwich Generation to plan for their own future  
learn techniques that reach young people and diminish the fear of aging  
begin a plan for embracing life now, so that you can age well

**ABOUT KARI BERIT** Kari Berit brings her engaging, high-energy presentations to caregivers, older adults, and anyone who will be older tomorrow! Speaking across the country, she wins applause for her sincere, insightful, and fun-loving approach to a serious subject affecting us all. Her experience includes: a M.S. in Continuing Education, a B.A. in Psychology and International Health Care, 13 years as Resident Manager, Dementia Care Director, and Assisted Living Manager in Senior Housing communities, 18 years of teaching and leading programs for older adults. She is the author two books, *The Unexpected Caregiver* and *Attainment’s Mental Fitness Instructor’s Guide*, and writes a syndicated column, *Acting Your Smarts*. She has been a caregiver to her mother and grandfather.



Call Kari Berit at 651.388.6789  
P.O. Box 2, Red Wing, MN 55066  
www.kariberit.com



# *“Embracing Your Aging Self: Four Sessions”*

Presented by Kari Berit, speaker, author, consultant

## DESCRIPTION

### **1. Defining Aging on a Societal and Personal Level**

How do we define aging? We'll look at historical, medical, psychological, spiritual, societal and emotional definitions—perhaps more. What does life expectancy vs. life span tell us about how long we'll live? In this first session, we'll address the seriousness of aging, along with some pretty funny myths.

### **2. How It's Been Done and How It Could Be Done**

This session gently and humorously gets us to envision ourselves as older. Then we'll discuss ways to embrace this aging self and plan for challenges the future may bring.

We'll look at samples of Minnesota's Health Care Directives and Ethical Wills and talk about how we can prepare for various scenarios.

### **3. Monitoring Your Aging Process**

We'll discuss an effective method of measuring our attitudes on aging—particularly our own aging. This assessment tool allows us to create a plan of who, where and what we want to be as we age. It's a tool based on years of experience working with older adults and on extensive interviews with Baby-Boomers.

### **4. What We as Women Experience**

This final session is for women only. Because images of beautiful, sexy women are so prevalent in the media, women face special challenges as they age. We'll talk about what beautiful really means, the physical aspects for women of getting older, and how our role as mother of the family shifts. We'll even through in a few fashion & make-up minutes.

"The program [Embracing Your Aging Self] gave me usable ways of improving my communication with older adults, increased my comfort level with sensitive aging issues, helped to diffuse myths on aging, shed new light on important issues...."

- J. Mack, Presbyterian Homes, Greensboro, NC



  
**Kari Berit**  
**PRESENTS**  
*speaker. author. consultant.*

Call Kari Berit at 651.388.6789  
P.O. Box 2, Red Wing, MN 55066  
[www.kariberit.com](http://www.kariberit.com)