



“Act Your Smarts, Not Your Age”

Presented by Kari Berit, speaker, author, consultant

DESCRIPTION Baby Boomers grew up under the dictum, “Act your age.” Now it’s time for them to “Act Your Smarts”—to use the experience, knowledge, skills and wisdom they’ve acquired in their careers and their families to help them make sense of their own aging. Kari Berit creates a warm, safe, upbeat environment in which to deal with some of life’s scariest questions using an “age-assertive” approach.

Take on this challenge: Accept and relish your age, admit to your age, be okay with where you are in life. We’re not in control of aging. Time moves forward and inevitably changes us. However, we all can make choices that affect how we live with those changes. That’s what we have control over—the choices we make in our lives that affect how we’ll age. So be assertive about it. Start today.

**FORMAT
OPTIONS** Keynote; Half-day presentations

**TARGET
AUDIENCES** Baby Boomers interested in living fully engaged, instead of giving into the fears of aging

**BENEFITS &
OBJECTIVES** Individuals will learn how to incorporate into their lives a three-step approach to developing a more age-assertive approach to the past, the present, and the future. The word “age” serves as a template:
A = Analyzing Accumulated Stuff—No matter how long our personal journey, or where it has taken us, we’ve all accumulated baggage along the way. It’s time to face it.
G = Genuine Acceptance—Being age-assertive involves dumping the things you haven’t done and looking ahead to what you still can.
E = Expansion of Horizons—Moving forward age-assertively starts from the premise that we can indeed still move, regardless of chronological age.

**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.




Kari Berit
PRESENTS
speaker. author. consultant.

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