



## “Help! I’m Turning Into My Mother!”

Presented by Kari Berit, speaker, author, consultant

**DESCRIPTION** We love her so much, but that doesn’t mean we want to be a carbon copy of her. Maybe we’d like to make some different choices, keep changing and challenging ourselves, not “let ourselves go.” The rest of our lives could be a long time - how to make the best of those years? We want to go on being strong, vibrant, attractive women.

Do you want to be a carbon copy of your mom? As you grow older, learn how to make choices that make sense for your life.

**FORMAT OPTIONS** Keynote

**TARGET AUDIENCES** Women of all ages looking to embrace their aging selves

**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.



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