

# KEYS TO EMBRACING AGING



Everyone ages, but whether we do so gracefully is up to us.  
The 12 Keys to Embracing Aging help you to live your best future now.  
All are welcome!

- Date:** Thursday, July 23
- Time:** 9 AM -11:30 AM
- Location:** East Mountains - Tijeras Sr. Center
- Cost:** FREE
- RSVP Required:** RSVP Required: Call 505-243-1386, or Email [bernalillo@nmsu.edu](mailto:bernalillo@nmsu.edu)



**BE BOLD.** Shape the Future.

**New Mexico State University-Bernalillo County Cooperative Extension Service**  
<http://bernalilloextension.nmsu.edu>