

# *Aging: an unexpected journey*

A Workshop for Women 65 and over. Are you searching for a new vision of aging with purpose and meaning? We invite you to explore your losses, share your grief, and move deeper into acceptance of the inevitable - your death.



Join us: January 27-29, 2023 at the Redemptorist Renewal Center

7101 W Picture Rocks Road, Tucson, AZ 85743

Cost: \$725 (Room and Board included)

*We cannot change anything unless we accept it. Condemnation does not liberate. It oppresses. ...C.G. Jung*

We live, unconsciously, by a set of behaviors, beliefs, and emotional reactions that no longer serve us as we age. Join us as we use a variety of creative processes to replace old messages with new awareness and determination.

*What is it you plan to do with your wild and precious life (now)? ...Mary Oliver*

## **Leaders:**

**Anne Taylor Lincoln:** I am a wife, mother of two, and a grandmother of three. I was an Elementary School teacher, a business owner, a writer and an editor. I collaborated with my spouse, Larry Lincoln, in writing Reclaiming Banished Voices: Stories on the Road to Compassion. As a Psychotherapist for over 35 years, I have been a co-leader of a variety of personal growth workshops, including the Growth and Transitions Workshops and the Elizabeth Kubler Ross Trainings. My passion is helping people look inward, to process and grieve their losses, as they move through stress and pain toward satisfaction and delight.

**Char Tosi:** I am a wife, mother of two sons, and a grandmother of four. I was a professor of nursing for over 20 years. I founded the Woman Within International organization that offers women empowerment courses around the world. I developed and lead leadership courses for women focusing on the archetypes of women, which is based on my book, Discover Your Woman Within. Along with my husband, Rich Tosi, we created and led A Couples Weekend for over 25 years. I recently served on the Board of the Southern Arizona Friends of Jung. My passion is to assist women and men to own and use the power of their inner knowing.

Char and Anne have poured their collective seven decades of experience into this creation.

## **Registration:**

Please contact Anne at [annetaylorlincoln@gmail.com](mailto:annetaylorlincoln@gmail.com) (520-591-9177) or Char at [charlenetosi@gmail.com](mailto:charlenetosi@gmail.com) (810-423-1533) if you have questions or want to register. A \$300 deposit is required to hold your space. Enrollment is limited to 16 women. Please note that (based on CDC guidelines) currently all participants need to have proof of vaccination to attend.