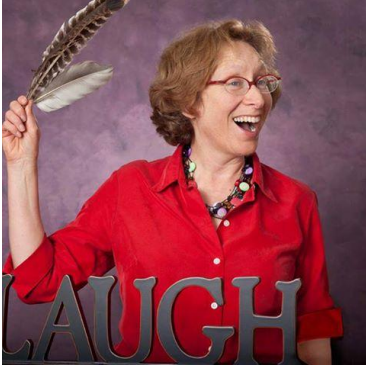


REGISTER NOW TO JOIN US FOR A DAY OF FUN AND WELLNESS!



## 12<sup>th</sup> Annual **Living Better After 50**

# Lightening up About Growing Older

**Featuring the Enthusiasm and Expertise of:  
Annie Goglia**

Annie, founder of *LifeFire Laughter Yoga*, is an instructor, life coach and storyteller. She will teach us techniques to help us shift our perspective on the adventure that is “aging”. Her dynamic, fun and informative program will leave you feeling refreshed and renewed.

### Choice of Workshops such as:

- Cell Phone Basics
- Tai Chi
- Brain Health
- Gardening
- Fitness
- Laughter

**Older Adult Resource Table... and More!**

Registration Fee \$5.00 (scholarships available)

Includes Light Breakfast, Lunch and Raffle!

**SATURDAY, APRIL 8, 2017**

**8:45am-3:15pm**

The Event is being held at the Youth Development Center which is in front of  
Pittsburg Adult Education Center: 1001 Stoneman Avenue, Pittsburg CA 94565

For more Information contact PAEC at: **(925) 473 - 2400**

Presented by the East County Senior Coalition, Area Agency on Aging and PAEC

Registration information and directions on reverse

## THREE WAYS TO REGISTER

1. Complete the registration with credit card information and mail it to:  
Pittsburg Adult Education Center      \*Checks not accepted  
1151 Stoneman Avenue  
Pittsburg, CA 94565
2. Come to PAEC (at the address above) and register in person (cash or card only).
3. CALL to register and give your payment information by phone.

### Registration Form for Living Better After 50

#### Pittsburg Adult Education Center

Your name, address, phone number and birthdate are required for registration.

Saturday April 8, 2017 - 8:45am – 3:15pm

Please print

Course #090910

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: (\_\_\_\_)\_\_\_\_-\_\_\_\_ Male: \_\_\_ Female: \_\_\_ Birth Date: \_\_\_/\_\_\_/\_\_\_

Ethnicity (circle): White Asian Black/A. A. Pacific Islander Filipino Amer Ind.

Are you Hispanic (circle): Yes No Other \_\_\_\_\_

Highest Education level (circle): None GED High School Tech Cert AA/AS

4-yr college graduate Graduate Studies I earned this outside U.S.

If paying by credit/debit card (Visa, Mastercard or Discover only):

Name on Card \_\_\_\_\_

Card #: \_\_\_\_\_ Exp. Date \_\_\_\_\_ 3 digit code \_\_\_\_\_

Signature: \_\_\_\_\_

Event is being held at the Youth Development Center-

(In front of Pittsburg Adult Education Center)

1001 Stoneman Avenue, Pittsburg, CA 94565

See map below.

