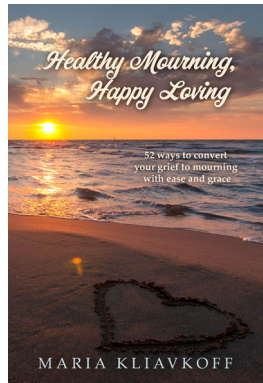


ONLINE EVENTS

Pioneers in Aging

Speaker Series

Mondays, 12-1pm



Maria Kliavkoff

Creating Compassionate Grief Communities

Monday, April 24, 12pm

Based on her book, *Healthy Mourning, Happy Loving*, Maria will shine a light on a topic that has remained buried for too long, sharing clarity in the chaos and hope for the grief journey.



Dori Gillam

What's Age Got to Do with It?

Monday, May 1, 12pm

Dori Gillam takes a lighter look at aging while showing us how ingrained ageism is in our society through birthday cards and advertising.

Sessions will not be recorded, but notes will be shared.

Please register separately for each event at 1.kcls.org/pioneers or call your local library.



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eraliving.com

Reasonable accommodation for people with disabilities is available by request.
Email access@kcls.org at least seven days before the event.
Automated closed captioning is always available for online events.



Sponsored by the KCLS Foundation and in partnership with Aging Wisdom, the Northwest Center for Creative Aging and ERA Living.

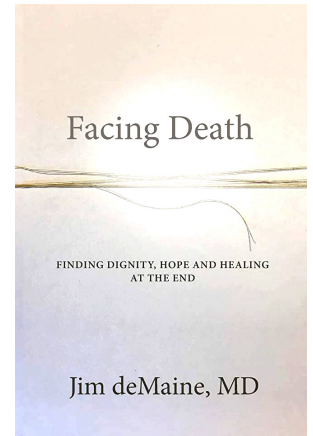
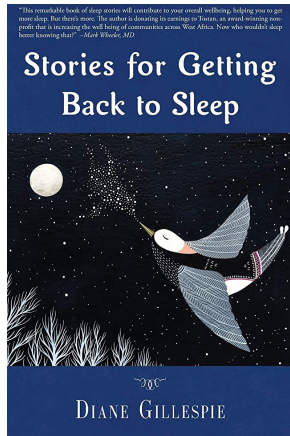


kcls.org

ONLINE EVENTS

Pioneers in Aging Speaker Series

Mondays, 12-1pm



Diane Gillespie

There's Nothing Like A Good Night's Sleep

Monday, May 8, 12pm

Author Diane Gillespie will discuss sleeping challenges and describe inexpensive, non-pharmacological sleeping strategies.

Dr. Jim deMaine

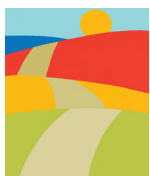
Our Lives Our Choices

Monday, May 15, 12pm

Dr. Jim deMaine invites us to a wise and large-hearted conversation with advice pointing the way toward a grace-filled transition out of life.

Sessions will not be recorded, but notes will be shared.

**Please register separately for each event at
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