

# BOOMERS A TO Z

My Life, My Time, My Way



## How to be Calm and Content in this Complicated World

**Guest speaker: Helen Rush, President of Club 55.** Helen holds degrees in psychology/sociology and holistic ministries. She has taught adult classes in management, personal relations, anger management, wellness, and a variety of other subjects. Prior to retirement she held classes in life coaching and intergenerational problem solving.

Tuesday, November 8, 2016

5:30pm to 7pm

Supper at 5:30pm for only \$6 – **BBQ chicken!**

**Speaker: 6pm to 7pm including a Q and A session.**

Please register by November 4, 2016

(860)441-6785



**Discover the Groton Senior Center**

