

2nd Monday each month
1 PM to 2:30 PM
Whitney Senior Center

Embracing Solitude & Thrive

Solo Aging Monthly Meetup

Note Starting June 10th

We will start begin the Whole-Life Plan Workshop

Are you overwhelmed with the thought of aging alone? The Workshop will give you access to tools and resources that rectify the complexities of living and growing older independently.

The workshop includes everything that's needed to design your whole life plan.

Start with the Life Plan Assessment that identifies:

- your aging risks,
- where you fall short and where you excel,
- pinpoints the behaviors and habits holding you back.


Here's what you can expect:

- 5 modules offering worksheets and forms that help you design a plan.
- Ask to be held accountable and receive support from your coach – Paula Woischke
- Limited 20 spots. Pre-register to take advantage of the online Life Plan Assessment at no cost.



1527 Northway Drive
St. Cloud, MN

Register by May 31, 2024

320-255-7245 

or Scan QR Code



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