

appreciation awareness baby boomers closing to be happy consciousness contentedness
creating happiness debt free finding happiness fulfilled gratitude greater awareness happiness
happy life interconnected interconnection journey law of attraction learning to be grateful less is
more meaning meditation minimalism optimism peace positive aging practicing gratitude
retirement rewarding rewarding life rightizing seeking happiness simple living smart
living staying conscious staying healthy sustainability sustainable thankful well-being

SAVE THE DATE:

COMMUNITY AGING RESOURCE EVENT AT THE GARDENS

Wednesday
June 12, 2019
2 – 5 pm

at Alexander Gardens
2120 Santa Barbara St.
Santa Barbara

For more information or RSVP
email: MLBrook@AlexanderGardensAL.com

Join us at Alexander Gardens for an elegant afternoon gathering celebrating health and happiness as we age. Enjoy complimentary champagne and hors d'oeuvres, and learn about opportunities in travel, health and wellness, financial, and many other quality services to help us age and live life to the fullest in our Santa Barbara community.


Alexander Gardens
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