



SAVE THE DATE

COMMUNITY AGING RESOURCE EVENT

**Wednesday
June 24, 2026
2 – 5 pm**

**At The Alexander Estate
2120 Santa Barbara St.
Santa Barbara**



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

Join us in June at **The Alexander Estate** for a stimulating gathering celebrating wellness and happiness as we age.

Enjoy inspiring conversations, practical wellness tips, light refreshments, and warm company in a beautiful setting and learn about quality services to support us as we age, living life to the fullest.

Free Event – Open to the Community

appreciation awareness baby boomers choosing 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 rightsizing seeking happiness simple living smart
living staying conscious staying healthy sustainability sustainable thankful well-being