

# LifeReflections

Guided Autobiography for Older Adults  
and People with Disabilities



Refresh and recall the memories and events of your life, organize your life histories and share them with others.

Be prepared each session to read two-pages of your life story based on weekly themes.

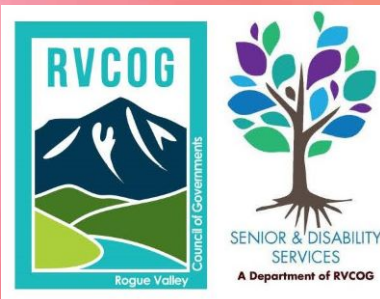
Free  
in-person,  
confidential  
program

5 Sessions will take place at the  
**Central Point Senior Resource Center**  
**123 N. 2nd St. Central Point**

**August 7th - September 4th, 2024**

Held weekly on Wednesday, 2:00 to 4:00 pm

Ellen Denninger from Senior and Disability Services will be facilitating the sessions.



**Classes limited to 8 participants**  
**To register, contact Ellen at 541-423-1392 or**  
**[edenninger@rvcog.org](mailto:edenninger@rvcog.org)**