



# Ageing Well

## Tools for leading a happier life

Learn a set of tools that support you, as a 60-plus year-old, in leading a happier, peaceful and more balanced and fulfilling life.

Change what's not working for you for powerful, proven tools that will.

Create wellness in your life and your relationships.

**Jaqueline Benndorf & Adrian Lumsden**



*Thinking***Wellness**

**Te Newhanga Kāpiti Community Centre**

Eight-week series Fridays 10am-1.30pm

Starting Friday 28 July 2017

Cost \$295 the series. 20 places maximum.

To book, e-mail: [info@ThinkingWellness.co.nz](mailto:info@ThinkingWellness.co.nz)

[www.ThinkingWellness.co.nz](http://www.ThinkingWellness.co.nz)

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## Tools for leading a happier life



ThinkingWellness

Ageing Well is an eight-week experiential workshop series given by Jaqueline Benndorf and Adrian Lumsden of *ThinkingWellness*.

You will learn tools that support you in the following areas:

What is a happier life?

Neuroplasticity

Retirement Anxiety

Happiness habits & optimism

Mindfulness & self-awareness

The importance of gratitude

The 100% Ask

Saying No gracefully

Stress reduction

Conflict resolution

Laughter Wellness

Survival strategies & skills

Asking for help

Good decision making

Looking forward

Building strengths for safety,  
satisfaction & connection

The series starts on Friday 28 July and runs weekly to 8 September from 10am to 1.30pm, including a working lunch. Bring your own packed lunch or a progressive morning tea and lunch pack is available to order at \$19.50 from KCC.

