



Thrive Together: A Workshop Series on Skills for Aging Well

Part of the Age-Friendly Santa Fe Initiative

Join us for a fun and interactive workshop series on the personal skills and community resources that help us live better as we age.

Each 90-minute session includes:

- A 30-minute talk on skills that support healthy aging
- A 60-minute group discussion on ways our city can support these skills

Workshop Schedule

Attend any or all sessions



Monday, May 5th 2:00 PM at The Santa Fe Main Library

Healthy Relationships and Connections: Find *purpose and connection*.



Monday, May 12th 2:00 PM at The Santa Fe La Farge Library

Expand Your Possibilities: Challenge age-related limits.



Monday, May 19th, 2:00 PM at The Santa Fe Southside Library

Accept, Adapt, & Grow: Meet life's changes with strength and grace.

Monday, June 2nd 2:00 PM at The Santa Fe Main Library

Keep Going, Keep Growing: Discover the power of trying new things.

We will discuss AARP's 8 Domains of Livability—quality of life metrics that ensure we all have the resources, environments, and opportunities to thrive at every stage of life.



Facilitated by Andrew West, PhD

Andrew is a local researcher, consultant, trainer, and coach. He consults organizations on healthy aging policies and coaches people on age-positive mindsets and skills for healthy bodies and minds.

For more information, email agefriendly@santafenm.gov or visit www.santafenm.gov/agefriendly.

