



## **COFFEE & CONVERSATION** With The Experts

### **Aging and Loss**

**Tuesday, November 4, 2014**  
10:30-11:30am

**Gregory Burns**

Senior Support Program of the Tri-Valley

Loss is built into life at every stage. For older adults, losses come in greater number and frequency. Taken altogether they drown us in a sea of sadness and steer us toward isolation. Major losses occur in at least three areas: death of peers, disabilities, and cultural fit. What do these losses mean and how do we grow beyond them?