



## **Looking Back on Our Lives: The Influences and Events That Matter Most**

**Westchester Playa Village** is hosting a seminar presented by **Dr. Gail S. Eisen**, consultant in the psychology of aging and former Fulbright Senior Scholar.

**Monday, October 1, 2012, from 2:00-4:00 p.m.**  
**Covenant Presbyterian Church - Chapel**  
**6323 W. 80<sup>th</sup> St., Los Angeles, CA 90045**

Using a combination of informal lecture and active audience participation, the program will review key concepts from the arena of life-span psychology, such as:

- Influences on personality development over time
- Changing time perspectives with age
- The impact of expected and unexpected life events
- The Life-Review Process and its impact on satisfaction in later life.

The seminar will explore several universal themes of aging and survey some of the poignant and compelling concepts of life-span psychology. Participants will be inspired to think back on several life-changing events and, if they wish, to engage in thought-provoking dialogue about their experiences. The program is designed for non-academic audiences and features approachable materials designed to spark lively discussion and exchange

This seminar is hosted by Westchester Playa Village (WPV), a non-profit, volunteer-driven organization helping older adults to remain active and independent as they “age in place” in the comfort of their own homes.

**Program Fee:** Free for WPV Members and Volunteers  
Non-members \$10

**For more information and to register for this seminar,  
please contact Westchester Playa Village at 310-695-7030.**

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Dr. Gail S. Eisen is a consultant in the psychology of aging, with research and teaching experience in the field of life-span development and communications analysis. A former Fulbright Senior Scholar, Gail has taught at UCLA, the University of Michigan, California State University, and universities in Kenya, Bulgaria, Egypt, Israel, and India. She has presented her psychology of aging seminars for an array of Fortune 500 companies, non-profit organizations, community groups, and regional counseling agencies.