

the living well talk series

City of Lake Oswego Adult Community Center

The Living Well Talk Series Purpose

Empowering you to live your life on your own terms! Join us for an evening each month as we explore different areas of the wellness paradigm. This series strives to bring you fresh, innovative and enlightening topics to enrich your everyday life.

Understanding Your Personality: The Enneagram's 9 Points of View in Work, Relationships and Personal Development

Dale Rhodes, MS, MA will provide an overview and in-depth study of the dynamic system of nine personality types known as the Enneagram, and how it can be harnessed as an effective resource for both personal and professional applications. The Enneagram is based on the concept that all people belong to one of nine major personality types. Basic knowledge of the 'Nine Points of View' will help you to broaden your understanding and communication skills with others, in both your personal and professional life. Participants will enjoy an insightful group experience of self- and other- discovery, while adding an essential tools for building stronger interpersonal skills.

The Benefits of Hypnosis and How It Can Change Your Life

Join Margot Miles, CHT, Clinical Hypnotherapist, from Lake Oswego's Success Hypnosis, for an introductory to hypnosis and its benefits. You will learn about what hypnosis is, the science behind it and how it can help overcome insomnia, pain management, anxiety, weight management and unwanted habits.

Don't Just Retire...REFIRE!

Do you know the second-half of your life just might be the best half?! Life transitions are inevitable. It's how we approach them that is critical. Getting clear on what you want is key. Most Boomers know they don't want their parent's brand of retirement. Ditch the concepts for a new paradigm, a model for life transitions that refocuses on your "must haves". Facilitator, Mary Ellen Hoeh, MA has helped thousands of people via the "Williams Bridges Model of Change."

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Finding Love Online: Online Dating Tips for Rookies & Those Who Want to Give It Another Try

Kelly Hoffman is a leading expert on Dating Rehabilitation and has appeared monthly on ABC TV's Am Northwest for over 11 years. Kelly has successfully helped adults all over the country date with safety and confidence and ultimately find commitment-worthy partners. Most people in our society have struggled their whole lives to find a partner that truly suits them. As a result, they have spent years in difficult and often one-sided relationships time and time again the problem is that their dating and selection skills need a 21st-century upgrade. Come learn with Kelly what this skill set upgrade looks like and how you can completely "Own Your Love Life" and change your dating and relationship destiny.

“The Talk” A Conversation on Sex and the Older Adult

Did you know that your sex life does not have an expiration date? Just because we get older does not mean that we are not entitled to a rich and fulfilling sex life! Whether we are single, divorced or widowed, all of us desire a certain level of closeness with each other, even if that means not engaging in sexual activity but rather companionship. Join Certified Sex Therapist, Maegan Megginson, MA, LMFT,LPC, CST, the ‘go-to’ expert on KATV Ch. 2 AM Northwest, on a lively discussion on sex and the older adult.

A Brand New Day: Recover and Rebuild After the Holidays

Do you feel wrung out, exhausted, or a “little blue” after the holidays? You may be experiencing grief! Recover your pre-holiday zest. Jump-start the New Year in a safe community where you can explore the landscape of loss. Discover practical, tested tools to regain your inner life-force energy. Get tips to uncover the thoughts that are keeping you feeling down. Experience the process of releasing and restoring. Leave the workshop feeling open and ready to embrace your Brand New Day! Workshop led by Georgena Eggleston, M.A., Trauma Specialist, Grief Guide, and frequent guest on AM NW.



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Aging with PRIDE

Due to a lifetime of discrimination, LGBT older adults are more likely to hide who they are because they are afraid of mistreatment and isolation. It shouldn't have to be this way. Join Max Micozzi from SAGE Metro Portland, and learn the basics about what it means to be an LGBT person, a historical understanding of how society has treated LGBT people and how we as a community we can be more mindful, open and inclusive of our fellow LGBT neighbors.

Marijuana as Medicine: Is it Right for You?

This educational lecture brought to you by Nectar Cannabis Dispensary aims to provide the community with factual information regarding how Cannabis may improve or enhance their current health and well-being. The lecture will focus on medicinal and palliative benefits, different consumption methods, and a basic explanation of how cannabis works with the human body. Several of our team experts will be available following the lecture for individual questions and consultation, as well as a small sampling of CBD products to try as well. Open to both seasoned consumers and the canna-curious, Wellness and Cannabis provides a safe place to learn and ask questions in a relaxed and safe setting.

Living to be 100!

Let's live to be 100 full of vibrancy, independence and health! This talk will highlight the 16 habits of independent, healthy centenarians. We will be blending traditional Western medicine and Eastern medicine philosophy in a vibrant interactive way. Taught by Dr. Christine Mayo Powers, pharmacist and aging specialist, we will highlight the habits you can enact NOW for a long health span as well as long lifespan. In Dr. Christine's book, Veggie Bingo, she discusses one of the key habits, come find out what it is! This is a talk that will help teens as well as octogenarians, it is never too early or too late to be full of vitality.



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