

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.

2019/2020 Living Well Talk Series Topics

Owning Our Stories & Living Our Truth with Author Cheryl Strayed Sunday, September 8th at 2pm

Hear a voice of inspiration as New York Times bestselling author of Wild, Tiny Beautiful Things, Brave Enough and Torch, Cheryl Strayed, shares her courageous life story about what she has learned, what she knows know, and its evolution into global success. This talk is to inspire us all to appreciate the life we have lived, honor the lessons we have learned, and empower us to embrace what lies ahead! A light reception and book signing with Cheryl Strayed after the event.

Healing the Hurt with Georgena Eggleston

Tuesday, September 10th at 6pm

We can often feel at a loss when trying to heal our past hurts or when dealing with our unresolved grief. Receive permission, assurance, and practical guidance to discover where emotional pain lives in your body, how to release it and replace the thoughts that keep you stuck. With new awareness, discover how curiosity and self-care can be lifelines to radiant living. Our goal is to inspire you to embrace your future with open arms and to live a life that you love!

The Gifts of Failure with Laure Redmond

Friday, September 13th at 6pm

Although failure might initially feel devastating, as if you've come to the end of the road, this is the beginning of your journey. The primary difference between successful people and unsuccessful people is that successful people fail more often. Mistakes are the portal to: creativity, learning something new, having a fresh outlook, and becoming wise. Failure is not the opposite of success, it's a success building block.



Living Well Talks
LO Adult Community Center

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Friday, October, 18th at 6pm

How to Manage a Narcissist

Speaker-Therapist Elizabeth Trautwein, and Professor (Lewis&Clark)

Friday, November 8th at 6pm

Building Better Relationships Using the Enneagram

Speaker-Naomi Eklund, Author, Trainer, Owner of Infinite Yes Inc.

Friday, January 24th at 6pm

Intermittent Fasting as a Therapeutic Method for

Optimal Health, Weight Loss, and Disease Prevention

Speaker-Dr. Kenneth Weizer, ND at Providence Integrative Med.

Friday, February 21st at 6pm (2 Part Series)

The Anatomy of Desire for Women

Speaker-Maegan Megginson, MA, LMFT, LPC, CST, AASECT Certified Sex Therapist, Owner of the Center for Couples & Sex Therapy

Friday, February 28th at 6pm (2 Part Series)

The Anatomy of Desire for Men

Speaker-Maegan Megginson, MA, LMFT, LPC, CST, AASECT Certified Sex Therapist, Owner of the Center for Couples & Sex Therapy

Friday, March 6 at 6pm

Resilience in Aging!

Speaker-Ruth C. Cohen, MSW, LCSW, Owner of Evolving Elders

Friday, April 10th at 6pm

REEFER MADNESS-Marijuana as Medicine

Speaker-Michelle Karlebach, Director of Nectar Dispensary Academy

Friday, May 8th at 6pm

Creating Boundaries- How to Gain Confidence, Clarity, and Courage to Create New Rules & Manage Conflict

Speaker-Connie A. Baker, MA, LPC, & Author

Friday, June 5th at 6pm

How Hormones Affect Mood, Weight, Libido and More

Speaker-Dr. Malea G. MacOdrum, ND, LAC, MSOM at Providence

