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## ReBoot Your Life ~ Getting Ready for the Second Half

Friday 6pm – 9pm & Saturday 9am to 7pm  
Women and Men Welcome

This course is designed to assist you in making a graceful transition into the next phase of your life. We'll debunk myths about the aging process, look at new research and begin planning how we each want to use our "wise time."

Our lives can be divided into three parts ~ the first is spent learning and playing; the middle, earning with some play. In the last part we have the possibility of integrating all aspects of life ~ learning, working and playing into the life we have been yearning for ~ a balanced, full, robust life using all the knowledge, experience and wisdom we have gathered. With planning and preparation it can be the most enjoyable, fulfilling and longest period we will have.

With rare exceptions, only about 30 percent of physical aging can be blamed on the genes. We are to a great degree responsible for the quality and quantity of our aging process. This is great news for those of us willing to create the future we want.

From the Bronze Age to the year 1900 ~ 4500 years ~ life expectancy increased 27 years. Since 1900 it has increased at least that much again. And we will likely continue that pace. We may live a very long time which can be bad news for those who do not examine the current cultural perceptions of aging and shuffle into traditional "old age."

During the Weekend we'll talk, take stock, do some exercises, move some concepts around and break up beliefs that do not serve. You'll do some homework, some reading and you'll cease worrying about what's up ahead because you'll start to know more about what's possible and plot the beginnings of a plan for yourself.

Let us know you would like to participate in the ReBoot Your Life Weekend by email or call. When enough people request the course we will put it on our calendar and contact you. Send payment right away so you will not be disappointed since space is limited. You can secure a place by paying in full or with a deposit of half the fee. All balances are due a month before the course begins. There is homework to be contemplated, gathered and researched before the Weekend. We look forward to having you and you are welcome to invite friends.

### [Email us](#)

The fee for the Weekend is \$395 (\$200 deposit) for people new to the course. The fee is \$250 (\$125 deposit) for those who have already completed the course and we ask that Reviewers send your payment(s) to the office. All balances are due 1 month before course date to guarantee your place. Enrollments made after the 1 month deadline must be paid in full. Contact us below for further information.

*"Twenty years from now you will be more disappointed  
by the things you didn't do than by the ones you did do.  
So throw off the bowlines. Sail away from the safe harbor.  
Catch the tradewinds in your sails.  
Explore. Dream. Discover."*

~Mark Twain