

# resilience



A series of lectures promoting a lifestyle of resilience



## Determination

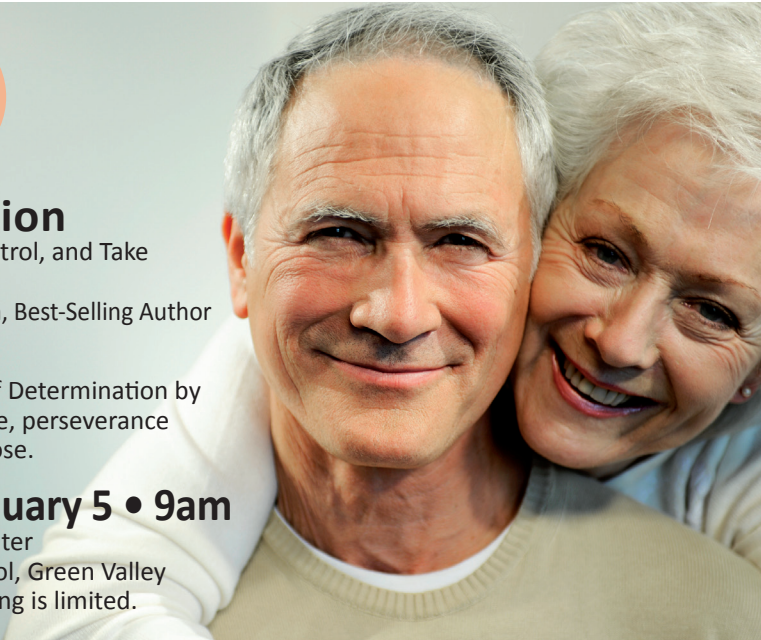
“Take Stock, Take Control, and Take Charge of Your Life!”

Speaker: Mack Newton, Best-Selling Author and Fitness Specialist.

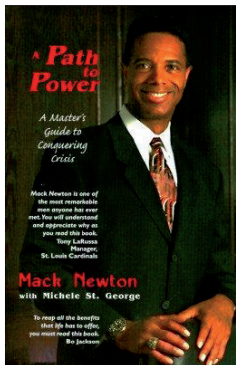
Exploring the tenet of Determination by demonstrating resolve, perseverance and strength of purpose.

**Thursday, January 5 • 9am**

Canoa Hills Social Center  
3660 S. Camino Del Sol, Green Valley  
Free Admission. Seating is limited.



Join us for an EXCLUSIVE free monthly series of lectures, discussions and interactive participation revolving around seven core tenets of resilience. Mark your calendar to attend each lecture, held the first Thursday of each month through March, to learn more.



Learn to set positive goals and gain motivation for 2012 with:

## MACK NEWTON

**Best-Selling Author of *A Path to Power: A Master's Guide to Conquering Crisis***

**Fitness Consultant & Rehabilitative Specialist** for major sports figures, including Charles Barkley & Rickey Henderson

**Former Conditioning Coach** for the Oakland A's & the Dallas Cowboys

Brought to you by the area's leading resources on aging.



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## “Expanding the World of Possibilities for Aging”

La Posada is Southern Arizona's award-winning continuing care retirement community, nestled among the lush pecan groves of Green Valley.

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