

Do You Have What It Takes To Be Resilient To Life's Curveballs?

PCOA and the Inspired Living Institute of La Posada GV will sponsor a new series of hour-long lectures about resilience and aging in Green Valley beginning at 9 a.m. Thursday, Aug. 4.

The seven core tenets of resilience:

- Optimism
- Diversity
- Flexibility
- Connectedness
- Determination
- Balance
- Sustainability

The series will feature experts in the fields of aging, anthropology, sociology, medicine, psychology, healthcare and more

This Thursday's speaker is **Arizona Center on Aging co-director Dr. Mindy Fain**, a professor of clinical medicine and chief, of the section of geriatrics and gerontology at the University of Arizona College of Medicine.

The series is sponsored by the Inspired Living Institute of La Posada in Green Valley, Arizona, and the Pima Council on Aging.

The lectures will take place at the West Social Center, the Green Valley Recreation Inc. central facility at 1111 Via Arco Iris, in Green Valley. Seating is limited. There are no reservations. There is free parking in the West Social Center parking lot.

is sponsored by PCOA in partnership with the Inspired Living Institute of La Posada. Visit online at www.laposadagv.com.