

ARE YOU AGING SUCCESSFULLY?

Japan America Society Women's Association of St. Louis

would like to invite you to attend a special workshop which we hope will help you to make the right choices for living healthier and happier lives. This workshop will include ample time for questions and discussion (English and Japanese).

Program

- ❖ Date: 10:30 a.m. to 1:30 p.m.
Thursday, October 4th, 2007
- ❖ Location: Creve Coeur Government Center, Multipurpose room
300 N. New Ballas Road, Creve Coeur, MO 63141
- ❖ Presenter: Michiko Iwasaki, Ph.D. (Psychology)
- ❖ Fee: \$10 Registration is required (register by 10/1).
Lunch will be served.

This workshop addresses how we can age successfully.

- How does cultural heritage affect aging process?
- Do Japanese people and Japanese Americans age successfully compared to the majority of people in the U.S.?
- Various research findings regarding the concept of "SUCCESSFUL AGING" within American culture, Japanese culture, and Japanese- American culture will be presented.
- Practical suggestions and tips will be shared.
- People from all ages and cultures are welcome.

If you have any question, please contact :

Yuka Kuo (314-434-9714) or send e mail to yukakuo@earthlink.net

About the Presenter



Michiko Iwasaki, Ph.D. is a senior fellow in the Department of Psychiatry at the University of Washington (Seattle) School Of Medicine. Dr. Iwasaki is a specialist in Geropsychology and cultural diversity and is completely bilingual in English and Japanese. She is the recipient of a number of fellowships and awards for her work in gerontology and multi cultural psychology. Dr. Iwasaki has made numerous presentations on wellness, Japanese American aging, and Japanese mental health issues.