

Sizzling at Any Age



To register: 305-919-5900

Course

Make your best years better! Age is an attitude, a state of mind, not a stage of life. Your age is not your identity. This program is designed to lead people from “I wish I could” to “I can.” We will offer mental exercises on utilizing positive energy, self-evaluation tools, resources and ideas to elevate and enrich each day. This program is highly interactive with audience participation. It will be accompanied with a work and reference book.

Details

Monday

September 9

2:30 – 4:00 pm

\$10

Instructor

Carolyn Kerner Stein is an international speaker and executive coach. She has presented her keynotes and seminars throughout the United States, Canada, Southeast Asia, China and New Zealand. *She is also the author of Delivering Powerful Speeches, Passport to The Podium, and Don't Let Age or Disability Stop You.*



at



Osher Lifelong Learning Institute at FIU
305.919.5900 | olli@fiu.edu | <https://olli.fiu.edu>
3000 Northeast 151 Street, North Miami, FL 33181