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EMPOWERMENT



Dr. Gary Bell's **ABSURD PSYCHOLOGY** Taking Insanity to the Woodshed

Dr. Gary Bell
Marriage Family Therapist



Dr. Gary Bell's Absurd Psychology
Tuesday at 11 AM Pacific
August 13th 2019: Old Farts: Aging

By 2030, the number of Americans age 65 and over is projected to be about 71.5 million, of which nearly 10 million will be at least 85. As more people are living longer, more individuals can expect to spend more time in retirement than those in previous generations did. Research has established the physical and mental advantages of a consistent exercise regimen. Screening programs can lead to preventive measures and early treatment interventions, which can substantially reduce the later impact of illnesses. We will explore aging with a sense of humor and help us all cope with getting older. Tu

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