



Perspectives on Positive Aging

**Wednesday, May 5
12-1 p.m.
Central Library
U.S. Bank Room
801 SW 10th Ave.
Registration not required
Bring your lunch!**

The Gift of Aging

What matters in a life? How does one savor life in the face of mortality and the challenges of these tumultuous times?

In 2000, poet and spiritual teacher Ana Callan almost died in a freak accident in her native Ireland. Her near-death experience and long recovery forever changed her and continues to inform her life. Using poetry, Ana will share her reflections on life, death and what matters.

Recommended reading is *Duet with Hummingbird, Poems* by Ana Callan.

Ana Callan is an award-winning poet, whose latest book is entitled, *Duet With Hummingbird*. She teaches intimate creative writing classes in Spiritual Memoir and Mystic Poetry around the USA and abroad.

Questions? Contact Bess Piñón at bessp@multcolib.org or 503.988.3468. *Perspectives on Positive Aging* is a free, monthly series sponsored by Multnomah County Library, partners with Life by Design NW, lifebydesignnw.org. This program is made possible, in part, by the Institute of Museum and Library Services through the Library Services and Technology Act, administered by Oregon State Library.