



# Perspectives on Positive Aging

**Wednesday, May 5  
12-1 p.m.  
Central Library  
U.S. Bank Room  
801 SW 10<sup>th</sup> 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](mailto: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](http://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.