

# WHO ME, AGEIST?

## A Consciousness Raising Group for Adults



### Sample discussion topics:

How do you feel when someone says “you look great for your age!”

When and how should people offer assistance such as, offering a seat on the bus?

How would age-blind society look and feel different? What would you miss, and why?

For Adults Age 18 and Over

**Reserve your Spot:**

**Call Kim at:**

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**(732) 819-0052**

### About Me

Josephine Ananda Giaimo is an Inter-faith minister, writer, educator, facilitator, engineer, and Highland Park resident. She has edited several books for first time authors. She gets excited about doing research that makes software easier for people to use. She facilitates a group for people who have mood disorders, and has taught group dynamics at the college level.

***NOTE: This group is the brainchild of author and activist Ashton Applewhite, whose book, “This Chair Rocks.” “A Manifesto Against Ageism,” is getting great reviews, and recently was translated to Italian.***

*Has anyone ever assumed that you were “Too Old” or “Too Young” for something? Then you have experienced ageism. In this group, we will unpack our unconscious prejudices and call for social change around age stereotypes. Explore, discover, break down barriers and connect in ways that celebrate our shared humanity. Learn ways you can take action, using the conclusions that the group has arrived at. Confronting ageism isn't just a matter of personal well-being. It's a social justice and human rights issue.*

**Please join us:  
Tuesdays, April 23, 2017 through  
July 11, 2017  
From 6:00pm to 7:30PM**