

# Age Friendly West Chester



## ***ILEARN: Connecting Generations and Communities***

The Intergenerational Learning Program (ILEARN) has been in effect for 15 years. It offers Community Elders and WCU students the opportunity to connect, share, and engage in mutual mentoring and learning. Participants must make a one semester commitment, agreeing to meet on a bi-weekly basis.

Discussions will vary but suggested topics include:

- Sources of Stress and Support: Personal, social, and community
- Coping with Life changes and transitions
- Recreational Activities: How do you spend your free time
- Goals and plans for the next 5 years
- What sorts of social and cultural changes have you experienced (i.e. technology)? Strategies for coping with cultural changes.
- Happiness and well-being: what makes you happy and how can we increase our happiness.
- Words of wisdom

***Please contact the names listed below to learn about this important program:***

***How can I join?***

***What do I need to know?***

***Where will we meet?***

***Can my husband/wife/partner also join?***

### ***Contacts:***

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