



Independence at Home

A SCAN Community Service™

GUIDED AUTOBIOGRAPHY

Are you looking for a meaningful way to preserve your life story? Guided Autobiography (GAB) is a supportive process that helps you reflect on and record the significant moments that have shaped your life.

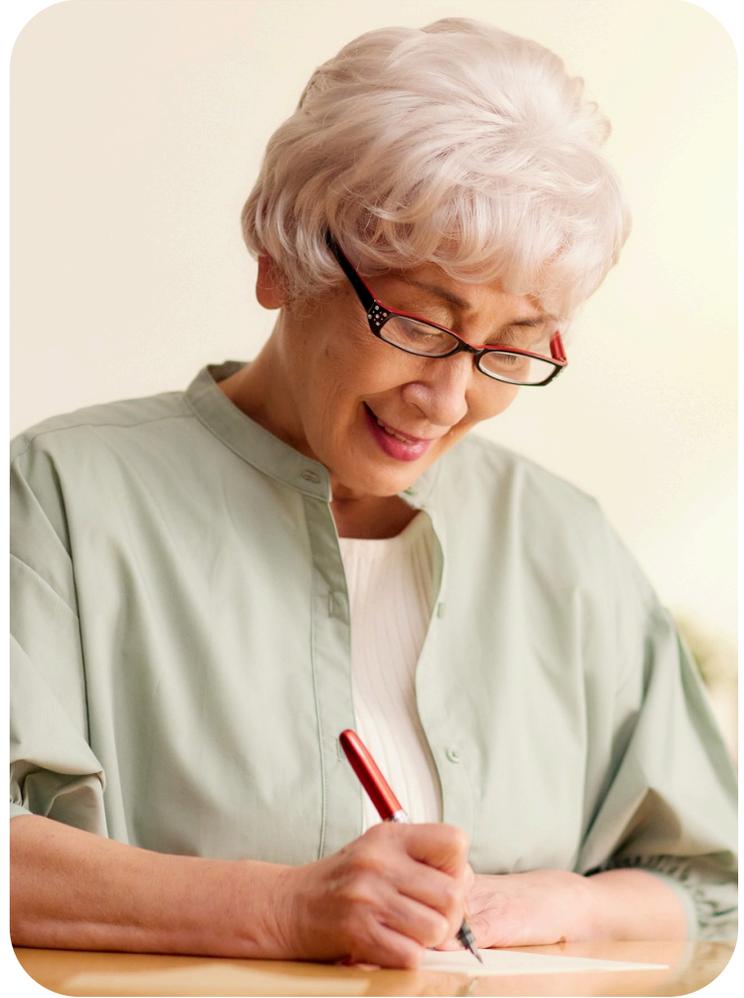
GAB Includes:

- A free five-week class with new life-story topics assigned each week
- Opportunities to share your stories with fellow class participants
- Instructors trained by the Birren Center for Autobiographical Studies

**FOR MORE
INFORMATION,
CONTACT MAIRA**

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**Click link
or scan QR
code to
register on
Zoom**



<https://bit.ly/4q5femE>

**Wednesdays
April 1, 8, 15, 22 & 29
10 a.m. to 12 p.m. PST**

VISIT US ONLINE AT www.independenceathome.org