



## WISDOM! LAUGHTER! CONNECTION!

Discover LGBTQ+ aging strategies and community support as you share your unique life experiences and sense of humor with your Lesbian, Gay, Bisexual and Transgender peers!

## INTRODUCTORY CLASS

Saturdays 11 am – 1 pm August 21 – December 11, 2021

## Offered Free Online via Zoom OPEN TO ALL CALIFORNIA RESIDENTS!



## Instructor: Gary "Buz" Hermes MA LGBT Aging Consultant

Buz has facilitated workshops, classes, and discussion groups for the LGBTQ+ community for over thirty years. He now loves sharing his passion for empowering aging strategies with his peers. More bio info at <a href="https://profiles.santarosa.edu/gary-hermes">https://profiles.santarosa.edu/gary-hermes</a>

For more information go to <a href="www.aginggayfully.net">www.aginggayfully.net</a> or contact Buz at ghermes@santarosa.edu or (707) 227-6935