

Live Well Age Well  
Success Stories

Thank you for sharing your success story. "Aging well" takes a lifetime and you are doing it. We will put your story on the Live Well Age Well website on this page: <http://www.livewellagewell.info/success.htm>. Please send along a picture too.

Tell us about yourself by answering the questions below:

What is your name: \_\_\_\_\_

Where do you live: \_\_\_\_\_

What is your age: \_\_\_\_\_

Tell us about your family & your accomplishments: -----  
(6-8 lines)

Do you visit a senior center? \_\_\_\_\_ If yes, which one: \_\_\_\_\_

How long have you been attending the center? What made you start going to the center?

What kinds of activities do you enjoy at the center?

How has the center helped you Age Well and Live Well?

Do you volunteer at your senior center or at other community organizations?

What advice would you give to young people today on how to live a good long life?

*Thank-you!*