

*Cornerstone to Excellence provides fun and interactive options to inspire, excite, and spark your imagination!*

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## Enjoying Life & Living Well Series....

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### Mental Agility

#### **"There's no age limit on life" Developing New Technology Skills:**

Options in this exciting topic area provide older adults with new and interactive ways of getting comfortable with technology. These topic options provide hands-on learning & interaction; participants will be creating in a supportive, fun-filled environment!

- Using Word to create letters, poems, or digital art.
- Social media awareness & accounts
- Digital games
- Connecting with loved ones
- Custom-made (tailor your session to your needs)

### Health & Wellbeing

#### **"Glowing Beauty From Within"**

These hands-on and highly-interactive health & wellness sessions will spark new ways of learning, reflecting, and practicing wellness.

- Positivity: How our thoughts & feelings impact our wellbeing
- 10 reasons self-care matters
- Light daily stretching/exercise makes a difference
- Skin rejuvenation & health
- Custom-made (tailor your session to your needs)

## Southwest Culture

Explore the rich diversity of New Mexico! Learn about the beautiful culture from experts born and raised in New Mexico. These interactive and engaging learning sessions are the start of new explorations...

Learn from native New Mexico presenters who can share the rich culture, history and art of New Mexico throughout multi-generations.

- Hispano Culture
- Pueblo Communities in New Mexico
- Navajo Nation
- Apache Nation
- Diversity & Inclusion: culture fusion
- Art History in New Mexico
- New Mexico Landmarks! Sites not to miss in New Mexico....take a 3-D virtual tour

We look forward to hearing from you!

**Contact Us: 575-770-2433 or visit us online  
at: [www.cornerstonetoexcellence.com](http://www.cornerstonetoexcellence.com)**



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