

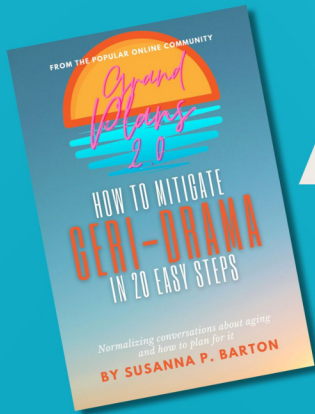
The Bishop's Institute for Ministry and Leadership

MINDFUL AGING STRATEGIES:

Paths to Second Half Thriving



At the St. John's Cathedral
Center for Wellbeing



Embrace prayerful, practical and planful ways to approach life's second half...

Led by Jacksonville gerontologist and author Susanna Barton, this quarterly seminar series at the St. John's Cathedral's Center for Wellbeing focuses on four specific areas of Mindful Aging Strategies and how to approach these topics from a prayerful, practical and planful perspective. The talks are based on the 20 steps outlined in Barton's book, ***Grand Plans 2.0: How to Mitigate GeriDrama in 20 Easy Steps***. The Bishop's Institute presentations are a fresh combination of these steps and have been crafted thoughtfully for a clergy and lay leader audience from the Diocese of Florida. Seminars include lunch and are held in Busey Conference Room, St. John's Cathedral.

Seminar 1, October 11, 2025 – 10 am-2 pm

Home: Where, How and With What We Dwell in Life's Second Half

Seminar 2, January 24, 2026 – 10 am-2 pm

Community: Village-building, Help-finding and Service in Life's Second Half

Seminar 3, March 21, 2026 – 10 am-2 pm

Advance: Legal, Financial & Transportation Planning for Life's Second Half

Seminar 4, May 9, 2026 – 10 am-2 pm

Legacy: Walking our Walk, Writing our Story and Communicating our Plans in Life's Second Half



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