



**FALL**

**Seasons of Life Seminar**

# Four Elements

- Physical Changes
- Adult Children
- Wrinkled Children
- Service

# Physical Changes

Hormonal

Laugh lines

Added padding

Temperature control



Seasons of Life - Fall

**Pressing forward forces maturity!**

# Adult Children





Seasons of Life - Fall

**Pressing forward  
promotes healing**

The background features a warm, golden-yellow color palette with soft, out-of-focus autumn leaves in shades of orange and red. A faint, light-colored circular graphic is visible in the center of the page.

Seasons of Life - Fall

**Pressing forward prepares  
you for new challenges**

# Wrinkled Children





## Seasons of Life - Fall

“ You shall rise up before the gray headed and honor the aged, and you shall revere your God; I am the LORD.”

Leviticus 19: 32

# Seasons of Life - Fall

**Learn to Laugh  
a lot!**



## Seasons of Life - Fall

**Don't  
overbook  
your day**



Seasons of Life - Fall

# Communication 101



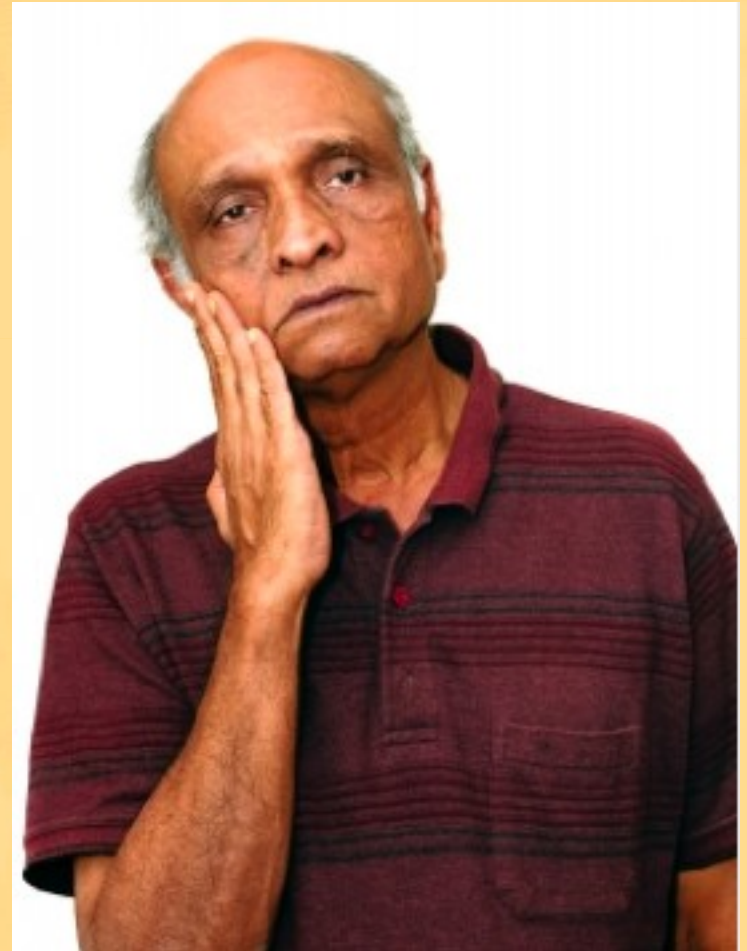
# Seasons of Life - Fall



**Lots of Hugs**

# Seasons of Life - Fall

**Don't try to  
reason**



# Seasons of Life - Fall



**It's okay to  
say, "No"**

## Seasons of Life - Fall



**You are not  
going to loose  
your mind!**



**Don't sweat the small stuff...**



Seasons of Life - Fall

**Pressing forward means  
handling challenges**

# Service is dynamic not static





Seasons of Life - Fall

**Pressing forward means  
moving on**

# Helpful hints

- Maintain a positive attitude
- Have faith that God is in control
- Take time for yourself
- Cultivate friendships
- Spend daily time in study and prayer

## Seasons of Life - Fall

**“I press toward the goal for the prize of the upward call of God in Christ Jesus.”**

**remember...**

**PRESS ON, LADIES**

**PRESS ON**