



Contact: Steve Hahn
Associate State Director
AARP North Carolina
Phone: (919) 508-0271
E-Mail: shahn@aarp.org

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40 Plus and Fabulous to Host "Crucial Conversations"

Greensboro, NC – To help women meet their future health and economic needs, there are four important discussions every woman should have. They include her financial affairs, legal affairs, health, and aging in place. A free program being offered in May by 40 Plus and Fabulous in partnership with AARP's Decide.Create.Share,^(TM) is designed to help women stop procrastinating and have important talks that can lead to a more secure future.

"Although most women know the importance of having conversations, about sometimes difficult topics, they also feel it can just be easier not to talk about it," said Sondra Wright CEO of 40 Plus and Fabulous and author of 40+ and Fabulous: Moving Forward Fierce, Focused and Full of Life. "Crucial Conversations provides tips, tools and a bit of fun to help women to get past the barriers keeping them from actually tackling topics important to their well-being," she said.

"While these conversations may conjure up feelings of discomfort or fear of being judged, taking ownership and being proactive liberates and empowers women to fully participate in making meaningful decisions in their lives and the lives loved ones. Avoidance, on the other hand, can have serious consequences, including sleepless nights, compromised health, and a loss of financial security," said AARP Associate State Director Suzanne Black.

"Not only does 40 Plus and Fabulous encourage women to have Crucial Conversations, it also recommends creating safe spaces for other women to do the same. "It's time we drag these taboo topics out of the dark and into the light so that no woman feels alone," said Wright. "We hope Crucial Conversations and the supporting Decide.Create.Share.^(TM) resources can be the foundation for women to really take charge and build a successful strategy for their future," she added.

The 4-part series will be offered on Wednesdays May 1st, 15th, 22nd and 29th at Hemphill Public Library, 2301 W. Vandalia Rd., with discussions planned from 6 p.m. until 7:30 p.m. The series will address topics associated with health, finances, legal affairs, and evaluating home and community for future living needs. The series is FREE and space is limited. Please RSVP to sondra@40plusandfab.com

Decide.Create.Share. is a community forum designed for women who want to build a successful life strategy for their future. AARP will provide tools to women in their 40s, 50s and 60s on how to take steps today so they will be prepared for a safe, healthy and secure tomorrow.

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