The Alchemy of Aging

A Transformative Journey for Women Over 65



Join an intimate circle of eight women as we turn lived experience into wisdom.

The Alchemy of Aging is designed exclusively for wisdom-seeking women over 65 who are ready to embrace their role as honored elders.

Across twelve carefully crafted sessions, you'll be gently guided to:

- **Examine your unique essence** and the gifts that define you
- **Celebrate the wisdom** you've gathered during your remarkable life journey, and the contributions you have made
- **Create thoughtful goals and intentions** for this life chapter
- **Build community** with other wise women

Each session blends guided reflection, creative exercises, and conversation. You'll experience the profound gift of being truly witnessed, supported, and celebrated within the company of kindred spirits. No art or writing experience is needed.

Begins Wednesday, January 13, 2027
Wednesdays, 12:00-2:00 pm for 12 weeks
In person, Mt. Tabor area, Southeast Portland
Cost: $945 (save $20 when you register by December 15, 2026)

Turn your years into wisdom, your stories into strength, and your presence into legacy.

Reserve your place: Space is limited to eight women.
Email Elsbeth at
elsbeth@elsbethmartindale.com.

Learn more and read participant testimonials:
https://elsbethmartindale.com/alchemy-of-aging/



Elsbeth Martindale, PsyD, has been a psychologist in private practice in Portland, for over 40 years. She is creative and engaging in helping people examine and move in the direction of their values and goals. She has offered numerous trainings and retreats and has a passion for transformative group work. Her current passion is helping women celebrate their lives. She can be found at elsbethmartindale.com.

This is your invitation to weave the golden threads of your life into a masterpiece of beauty—honoring not just where you've been, but illuminating the radiant path ahead.

"Alchemy of Aging made aging seem like a gift instead of a burden." - Rebecca

"We found our questions, doubts, and struggles were shared, and discovered our own and each other's wisdom would get us through." - Lorene