

FROM:



**BROOKLINE COMMUNITY AGING NETWORK**  
**(WWW.BROOKLINECAN.ORG)**

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**For immediate release, please**

**EMBRACING SEXUALITY AS WE AGE: KEYS TO VITALITY**

**Presented By BrooklineCAN**

**Monday, March 23, 6:30 – 8:00 PM**

**At Brookline Public Library**

BrooklineCAN (Brookline Community Aging Network), in partnership with Brookline Adult and Community Education, is co-sponsoring a presentation, “Embracing Sexuality as We Age: Keys to Vitality,” by Dr. Anita Hoffer, as she explores healthy sexuality in mid- and later life. The presentation will take place on Monday, March 23, 6:30 to 8:00 pm at the Brookline Public Library, Hunneman Hall, 361 Washington Street, in Brookline. A reception, prior to the program will be held from 6:00 to 6:30 pm. This event is free of charge. To register, please call 617-730-2770.

Our youth-obsessed culture fosters the perception that once a man or woman reaches 50, he or she loses interest in, or cannot enjoy, intimate relationships. Many older adults, who had little or no sex education in school, may be inclined to believe this fiction. In addition, cultural taboos about talking openly about sex have left many older adults ignorant of the behavior of their peers, as well as self-conscious or even ashamed to have these discussions.

Dr. Hoffer will examine what impedes our ability to embrace, celebrate and experience our sexuality as a means of authentic self-expression. She will share the secrets to a satisfying sex life as you age; surprising statistics about older women and men who enjoy sex; unique and little understood features of female anatomy; medically-documented facts about sexual intercourse and outercourse, benefits of maintaining sexual health in mid-and later life, - and the price of ignorance.

Questions for discussion may be submitted anonymously for confidentiality. Adults of all ages (singles and couples) and all questions are welcome.

Anita P. Hoffer, MS, PhD, EdD, worked at Harvard Medical School for more than 25 years, where she served as Associate Professor and also was Director of Research in

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Urology at Brigham and Women’s Hospital. She subsequently worked in the biopharmaceutical industry on women’s health projects before obtaining a second doctorate in sexology and human sexuality. Since then, she has focused on adult sexuality education, sexual counseling, and writing. She also maintains a local independent practice in sexual counseling of women and men of all ages, and couples.

Affiliated with the Brookline Senior Center, BrooklineCAN is a volunteer organization which enables older residents to remain independent and fully engaged in the life of the community; provides ways for members to contribute to the community; advocates on behalf of Brookline’s older residents; and works to make Brookline an even better place to live for people of all ages.

For additional information about Brookline Community Aging Network and to request a copy of BrooklineCAN’s informative monthly newsletter, visit <http://www.brooklineCAN.org> or call 617-730-2777

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