



Age isn't important unless you are a cheese.

65 is a speed limit, not an age limit.

If life were fair, people would occasionally fly over pigeons.

There's something crazy about the notion that staying alive is the worst thing that can happen to you.

Sleeping at the wheel is another way not to grow old literally and figuratively.

It's not how old you are that counts, it's how you are old.

Humor is the shortest distance between two people.

Discover how YOU can have EVERLAUGHING LIFE!

You need encouragement, perspective and inspiration to “take yourself lightly,” to live and work effectively, to enjoy and to THRIVE ... not just survive. You need a program, speech or retreat with Annie Glasgow!

A motivational speaker who looks at life with an inner chuckle, a psychotherapist with perspective, balance and synthesis of information (no longer in practice ... does that meant that she finally got it right?) and a celebrant of many birthdays, Annie focuses on the “welldrly” ... not the “elderly” and certainly not the “Ilderly.”

Her joyful and nurturing programs bring grace and humor to the experiences of “aging” (AM-AGEING GRACE: MATURING WITH WISDOM AND HUMOR) and of handling stress(GETTING YOUR NAME OFF THE BEST-STRESSED LIST) in a way that will touch your heart, engage your head, bring lightness to your life and make spirits soar.

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