

# PRESS RELEASE

## Cypress Recreation and Community Services

FOR IMMEDIATE RELEASE

DATE: July 27, 2016

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(714) 229-2005

SUBJECT: GUIDED AUTOBIOGRAPHY CLASS AT THE CYPRESS SENIOR CENTER

Are you 55+ and looking for a way to make a record of your life story? Developed by Dr. James Birren, Guided Autobiography is a process that helps you recall and record the significant moments of your life. Through this five-session interactive class experience, you will learn the tools for writing your own life story.

This free class will be offered at the Cypress Senior Center. An orientation session will be held August 15 from 1:00 – 2:00 pm. The class sessions will be offered on Mondays, August 22, 29 and September 12, 19 from 1:00 – 3:00 pm. Plan on attending all five sessions. The program is presented by Volunteer Action for Aging from Independence at Home, a SCAN community service.

Class space is limited and reservations are required. To sign-up for the class please call (714) 229-2005. You may also make your reservation at the Reception Desk at the Cypress Senior Center. The center is located at 9031 Grindlay Street, just south of Lincoln Avenue and about a mile west of Valley View Street in Cypress. Information about other services at the Cypress Senior Center may also be found on the Cypress Recreation & Community Services' website at [www.cypressrec.com](http://www.cypressrec.com).

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