

*Lunch 'n Learn / Senior-sponsored Program
All congregants, friends and family welcome!*



Please join us

On Wednesday, June 20th

12:00 PM Optional

loaf and bagel lunch \$8.00

12:30 PM Program

Healthy Body/Healthy Mind

*Are you or an older adult family member
taking multiple medications on a regular basis?*

Learn how to identify signs of medication misuse, how medications and alcohol interact and how to use medications safely and effectively.

Nina Henry, a clinician at JCFS, will lead an informational discussion, speak about mindfulness and stress reduction, and provide practice for some seated meditations which can be used regularly or as needed to help stimulate the mind, body, and spirit!

Please RSVP to Mark Turner at cec.seniors@congetzchaim.org or call the office at 630.627.3912 by June 18th, and indicate whether or not you will be ordering a loaf and bagel lunch. If you need to cancel, kindly inform Mark.

AND SAVE THE DATE - Wednesday, August 8th - Nosh and Learn
Bibi Marcell, a featured vocalist with the Maxwell Street Klezmer Band and a cantorial soloist, will perform some classic Yiddish songs accompanied by Gail Mangurten on piano. **Special time: 2:00 PM**