

# Summer Evening Sessions

## Wise Aging

7 Weekly sessions ~ Wednesdays, 7:00 to 9:00 PM ~ Begins June 12th

Highly recommended facilitators from Oak Park Temple

\$80.00 + book (inexpensive on Amazon) ~ Scholarships available.

*Wise Aging: Living with Joy, Resilience and Spirit* by Rabbi Rachel Cowan and Dr. Linda Thal

**Over 50? Think life is all downhill? Think again!**

Develop wisdom and skills to build resilience, navigate challenges, and be the person you want to be.

Live your legacy.



For questions or a registration form, please contact Barb Turner, [cec.lifelonglearning@congetzchaim.org](mailto:cec.lifelonglearning@congetzchaim.org). Space is limited. After May 28, flyer will be sent to other congregations if space is still available.