

Summer Evening Sessions

Wise Aging

To the age-ist mindset of a youth-oriented culture, we say, "*au contraire*"!

If you are over 50, you owe it to yourself to find wisdom, meaning and joy in the years ahead.

7 Weekly sessions ~ Wednesdays, 7:00 to 9:00 PM ~ Begins July 10th

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**

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. Space is limited.