

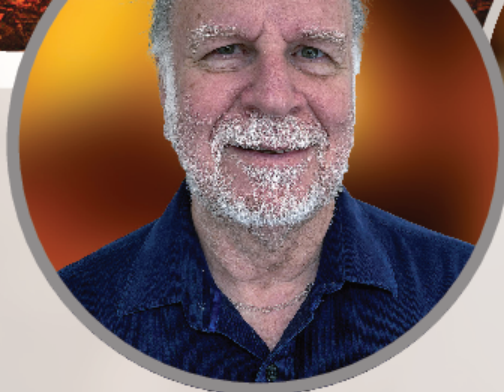
A Fireside Chat

LET'S CHAT ABOUT
THE SCIENCE OF
WELL-BEING AT 65+

THURSDAY, MARCH 26

Pull up a chair with us on March 26 at Beth Sholom Congregation (or on Zoom) for an uplifting, engaging conversation.


Together, we'll explore how these years can be a time of deep connection, renewed vitality, and meaningful growth, emotionally, spiritually, and socially!



DR. SHIMON WALDFOGEL



RABBI DAVID
GLANZBERG-KRAININ



**Older adults who
regularly participate
in community
activities report**