



JFS

The Lynn Kramer
Village by the Shore

jfsvillagebytheshore.org

Women's Coffee & Conversation

Aging Gracefully, The Mind-Body Connection

Monday, September 23

10:30am – 12pm

Join Village Community Specialist Tina Serota, Bratton Law Group's Jen Hand, Katz JCC's Bridget Giblin, Angelic Health's Carolyn Johnson Peterson, Alzheimer's Association's Mary Beth Lewis, and UMC's Michele Musto as they host professional speakers on issues that impact a woman's ability to live her best life. September Topic: Mind-Body Connection. As we move through adolescent, reproductive, midlife, and post-menopausal years, the inter-connectedness of the mind and body increasingly affects our overall wellbeing. Scientists have linked the mind-body connection through a positive mindset to lower levels of stress, improved immune function, and reduced risk of chronic diseases. Join JFS Family Life Education Supervisor Sharon Simon as she leads us on a journey of exploration and offers techniques for developing an individualized positive mindset approach. Attend in-person at the Katz JCC Boardroom, 501 North Jerome Avenue, Margate.

RSVP by September 18

Coffee & Conversation events are free and open to the entire community.



For more information and to RSVP, contact Tina Serota at tserota@jfsatlantic.org or 609.287.8872.

