**Face Aging with Wisdom and Positive Energy**

How do we create a new roadmap for the journey we are all on? (**Congregation name**) invites you to join our *Wise Aging* peer group for adults 55 and over to explore together what it means to grow older with intention and live life fully in the process.

The recommended foundational text for our Wise Aging peer group is Wise Aging: Living with Joy, Resilience, and Spirit, by Rabbi Rachel Cowan and Dr. Linda Thal and is available [here](http://www.behrmanhouse.com/wise-aging).

With the same warmth, humor, and wisdom that draw so many to their innovative workshops on aging, they deliver practical, real world suggestions for building resilience and navigating the challenges of aging while finding joy and meaning.

Through texts gathered from a variety of religious and spiritual sources plus reflective questioning, journaling exercises, meditations, and activities that draw on research in neuroscience, psychology, and gerontology, readers dig deep for a better understanding of how to age well.

Are you ready to join (**Congregation Name**)’s Wise Aging group? Please fill in the below information and return it to (**Recipient Name**) at (**Email/Fax Number**)

Name:

Phone number:

Email:

I am available to meet:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Morning |  |  |  |  |  |  |  |
| Afternoon |  |  |  |  |  |  |  |
| Night |  |  |  |  |  |  |  |
| Specific Times |  |  |  |  |  |  |  |