

Become Educated on Aging, Services and Caring for Ourselves & Others

Age is Just a Number!

Sunday, June 26, 2011, 1:30 pm

at

Congregation Beth David

19700 Prospect Road, Saratoga, CA 95070



***GOLDA MEIR: "OLD AGE IS LIKE A PLANE
FLYING THROUGH A STORM. ONCE YOU'RE
ABOARD, THERE'S NOTHING YOU CAN DO."***

...or is there?

The community is cordially invited to a short film and stimulating panel discussion as experts talk about:

- ❖ The science of aging in the 21st century
- ❖ Extending the quality of life through exercise, diet, mental stimulation & community involvement
- ❖ Community services during tough financial times
- ❖ Where do we start: The urgency of caring for each other

Psalm 71:9 "Cast me not off in the time of old age; when my strength faileth, forsake me not."

**This event is free
Refreshments will be served**

**RSVP to notenyad@beth-david.org or call 408-257-3333
If you need a ride to the event please let us know**

Sponsors:
Noten Yad - Congregation Beth David
PACT - People Acting in Community Together