

# “The Art of Aging”

“The Art of Aging” is a self-reflection program for living life with resilience and joy. Each of the seven sessions will discuss issues that matter to individuals aged 70 and beyond.

The sessions will be conducted by community outreach social workers from Jewish Family and Children’s Services of Northern New Jersey.

Thursdays at 2 p.m.	September 14
	October 19
	November 16
	December 21
	January 18
Thursdays at Noon	February 15
	March 15



This program is free and open to the public. No registration is required, but attendees are encouraged to RSVP to Linda Poleyeff at 201-978-8492 or Paula Rozner at 201-978-2529.  
Englewood Public Library, 31 Engle Street; 201-568-2215  
[www.EnglewoodLibrary.org](http://www.EnglewoodLibrary.org)