



Parish Health Ministry
A Service of Episcopal Retirement Services



Refresh Your Soul 2019

Living Well with Purpose

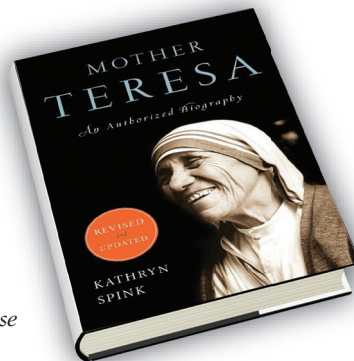
Episcopal Retirement Services' Parish Health Ministry presents
a day devoted to living well with purpose.

Monday, March 18, 2019
9 a.m. – 3:15 p.m.

Visit parishhealthministry.com/RYS • Questions, call 513.979.2246
Conference Location: The Cintas Center at Xavier University in Cincinnati

Kathryn Spink,
authorized biographer for Mother
Teresa, "Saint of Calcutta," will be
the keynote speaker joined by
healthy aging experts:

- Leah Sarris, RD, LDN
Food as Medicine
- Rabbi Abie Ingber
The Purpose of Life is a Life of Purpose
- Kay Frances
Aging with Zest and Vigor



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