

LGBTQ Elders WISE AGING

With Dr. Elaine Cooper

Mondays, 11:45 am – 1:30 pm

January 23, February 6 & 27, March 13 & 27, 2017

A program for LGBTQ people ages 55+

At the Miles Nadal JCC | 750 Spadina Avenue

In small groups, explore the years beyond midlife as an opportunity for growth and discovery, engaging in discussion based on text study, reflection and contemplative activities. Topics include: revitalizing relationships, living with loss and change, cultivating spiritual qualities for well being, conducting a "life review", and practicing forgiveness. Program includes a copy of the book *Wise Aging: Living with Joy, Resilience, and Spirit*.

Drop-in: FREE | Book fee: \$25

Part of the ongoing LGBTQ Elders Social Drop-In at the MNjcc.

Registration: andiy@mnjcc.org



The MNjcc is committed to accessibility. Please let us know in advance if you have any accommodation needs: inclusion@mnjcc.org; (416) 924-6211



UJA Federation
of Greater Toronto



United Way
Toronto & York Region



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Miles Nadal Jewish Community Centre

750 Spadina Ave at Bloor

(416) 924-6211

www.mnjcc.org

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