

PRESS RELEASE

JEWISH FAMILY SERVICE OF WESTERN MASSACHUSETTS

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Join JFS for Discussion on Aging Well: Living with Joy, Resilience and Spirit

Springfield – Aging will happen to all of us naturally, but aging well takes careful planning. Now is the time to begin to plan an enjoyable, wise, active and fruitful later life. Come hear about some tools and get tips on how to get the most out of growing older from Barbara Z. Perman, Ph.D. Barbara is an educator, speaker, executive coach, family consultant and professional organizer. She has helped hundreds of seniors move through change in productive and rewarding ways. She is also a current Jewish Family Service board member and Founder/President of Moving Mentor, Inc.

“**Aging Well: Living with Joy, Resilience and Spirit**” is scheduled on Tuesday, April 17, 2018, 6:00 p.m. - 7:30 p.m. in Jewish Family Service’s Community Room, 1160 Dickinson Street, Springfield, MA.

The program is free and open to the public. Light refreshments will be served. Please pre-register. RSVP online www.jfswm.org or call (413) 737-2601.

This workshop is part of a series of spring workshops for older adults and their loved ones at JFS. Mark your calendars for “How to Keep Your Feet Happy” On May 16th at 1 p.m. and “Protect Yourself from Online Fraud, Identity Theft and Skimming Devices” on June 26th at 6:30 p.m.

Founded in 1915, Jewish Family Service’s mission is to provide exceptional social services, grounded in Jewish values, to support and empower individuals and families from diverse cultural and economic backgrounds.

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Jewish Family Service of Western Massachusetts is a beneficiary agency of the Jewish Federation of Western MA.