



# Mindfulness in Aging

**Join JFCS and David Molko, LCSW, to discuss thoughts and feelings around change, transition, and adaptability, as well as the importance of developing and exercising our “resilience muscle.”**

**Friday, November 18**

**11:00 am - 12:30 pm**

**at the Mittleman Jewish Community Center**

6651 S.W. Capitol Highway, Portland, OR 97219

*Yummy nosh provided. No cost to attend.*

Please contact Missy Fry if you can join us:  
(503) 226-7079 ext. 133 or [MissyFry@jfcs-portland.org](mailto:MissyFry@jfcs-portland.org)

*This event is made possible in large part thanks to the Jewish Federations of North America's (JFNA) Center for Holocaust Survivor Care and Institute on Aging and Trauma*