

JOIN JEWISH FAMILY & CHILD SERVICE FOR

# Mindfulness in Aging

**NEW DATE!**

**Friday, March 17**

**10:00 am - 11:30 am**

**at the Mittleman Jewish Community Center**

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

**How can we allow meaning and purpose to enhance our ability to age well? Join JFCS and David Molko, LCSW, for a group discussion on finding meaning and purpose as we age, including lessons for living like an expert and creativity's positive impact on health.**

Yummy nosh provided. No cost to attend.

Registration for this event is required, as space is limited.

To register, please contact Missy Fry at (503) 226-7079, ext. 133, or [missyfry@jfcs-portland.org](mailto:missyfry@jfcs-portland.org)

CENTER ON **HOLOCAUST SURVIVOR CARE**  
JEWISH FEDERATIONS INSTITUTE ON AGING AND TRAUMA



The Jewish Federations  
OF NORTH AMERICA

*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*



**JFCS**  
*Jewish Family & Child Service*

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