

**JFS Healthy Aging
Invites you for
Lunch* and Learn:**

Monday, November 17th

Noon to 1:30

Temple Israel

145 Hartford

Street Natick

**Older and Wiser:
Mindfulness and Meditation**

Guided relaxation, mindfulness and meditation are routinely prescribed to help alleviate stress and help you deal with underlining issues which may be compromising your life and health. You will leave knowing how to incorporate these practices into your daily routine.



Presented by Sheila Wolfson, M.Ed., C.N.S., L.D.N., a Consulting Nutritionist and Health Counselor in private practice in Natick.

Kosher lunch is \$3 in advance or \$5 at the door

RSVP 508-875-3100 x 330

