

Spiritual & Mental Wellness



Topic:

Aging Gracefully “and all that comes with it”

Our Facilitators are our Mental Health Team Members

A support group for sharing the challenges of growing older

A 6 weeks series starting Thursdays, October 30th

November 6th, 13th, 20th,

December 4th, 11th

Time: 10:30 am to 11:30 am

Where: Grace Presbyterian Church
57 Sandhills Road, Kendall Park, NJ
Tel. 732 297 9182 for more information