



Presents

The Joys and Challenges of Aging

A Conversation About Growth, Resilience, and Finding Meaning Through the Later Years of Life

Topics Include:

Adapting to Loss and Change

Health Issues

Wisdom and Experience

Increased Leisure Time

Deeper Relationships

Self-Acceptance

A discussion by Dr. Holly Katz

On

Wednesday, June 24, 2026 @ 10 AM