



**The BJE is proud to bring *Wise Aging* to our community!!**

***A groundbreaking program specifically designed to meet the social, emotional and spiritual needs of Jewish seekers entering second adulthood!***

Explore tools and resources to age wisely through the lens of Jewish wisdom. Topics include: becoming one's authentic self; a life review; revitalizing and nourishing healthy relationships, cultivating qualities of soul; practicing forgiveness; learning to live with loss, change, and death; creating relevant rituals, cultivating wisdom, and leaving a legacy.

**Learn positive ways to navigate the transition to your next chapter on life's journey and find meaning and joy in a post-retirement identity.**

**Facilitators, Linda Levin, MA and Nancy Pollinger**

**Four Sessions: Wednesdays OR Fridays at the BJE,  
Ina Levine Jewish Community Campus 12701 N. Scottsdale Rd. Scottsdale 85254**

- ***Wise Aging*** with Linda Levin Fee: \$68 9:30 am –11:00 am Oct 17, 24, 31; Nov 7
- ***Wise Aging*** with Nan Pollinger Fee \$68 12:00 pm -1:30 pm Oct 19, 26; Nov 2, 9

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**Registration: Online, by phone or by mail.**

Online: [www.bjephoenix.org](http://www.bjephoenix.org) Phone: 480.634.8050



**Mail in: Name (s):** \_\_\_\_\_

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• **Payment Information:** \_\_\_\_ **Check payable to: Bureau of Jewish Education**  
**12701 N. Scottsdale Rd. Ste. 206, Scottsdale AZ 85254 Or**

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