

Coming Fully Alive as You Age

With Rev. Dr. Judith Pruess-Mellow

Mondays, June 17, 24, July 1, 8, 15. 10-11:15 AM, 510-747-7500, Mastick Senior Center or on Zoom, 6-7:15 PM. \$45. Email judithpm07@gmail.com for details

Discoveries and new friends are everywhere. Learn about the Blue Zones where people regularly live healthfully to 100+. You'll learn how to:

--Be fully alive in body, mind, spirit

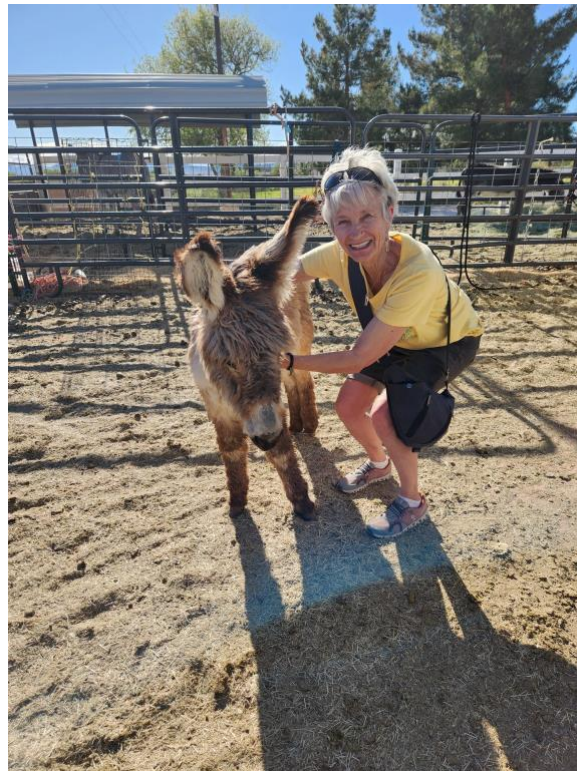
--Discover the power of humor

--Explore aging as a spiritual journey

--Create hope for the future

--Craft your spiritual legacy

--Share your talents



Judith with T.C., Oatman Burro Sanctuary, Mohave Valley, AZ.