

PRESS RELEASE

JEWISH FAMILY SERVICE OF WESTERN MASSACHUSETTS

Contact: Galina Abashina, Marketing and Development Coordinator, (413) 455-1936 x106

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JOIN JFS FOR DISCUSSION ON AGING WELL: LIVING WITH JOY, RESILIENCE AND SPIRIT

Springfield – Aging will happen to all of us naturally, but aging well takes careful planning. Now is the time to begin to plan an enjoyable, wise, active and fruitful later life. Come hear about some tools and get tips on how to get the most out of growing older from Barbara Z. Perman, Ph.D. Barbara is an educator, speaker, executive coach, family consultant and professional organizer. She has helped hundreds of seniors move through change in productive and rewarding ways. She is also a current JFS board member and Founder/President of Moving Mentor, Inc.

“**Aging Well: Living with Joy, Resilience and Spirit**” is scheduled on Wednesday, December 6, 2017, 6:00 p.m. - 7:30 p.m. in Jewish Family Service’s Community Room, 1160 Dickinson Street, Springfield, MA.

The program is free and open to the public. Light refreshments will be served.

Please pre-register. RSVP online www.jfswm.org or call 413.737.2601.

For other upcoming events, visit www.jfswm.org.

Founded in 1915, Jewish Family Service’s mission is to provide exceptional social services, grounded in Jewish values, to support and empower individuals and families from diverse cultural and economic backgrounds.

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| info@jfswm.org | www.jfswm.org

Hampden County Main Office: 15 Lenox Street, Springfield, MA 01108 (413) 737-2601

Jewish Campus Office: 1160 Dickinson Street, Springfield, MA 01108 (413) 455-1936

Berkshire County Satellite: 196 South Street, Pittsfield, MA 01201 (413) 442-4360 x17

Hampshire/Franklin County Satellite: 253 Prospect, Northampton, MA 01060 (413) 737-2601

Jewish Family Service of Western Massachusetts is a beneficiary agency of the Jewish Federation of Western MA.