

Become Educated on Aging, Services and Caring for Ourselves & Others

# Age is Just a Number!

Sunday, June 26, 2011, 1:30 p.m.  
At Congregation Beth David



**GOLDA MEIR: "OLD AGE IS LIKE A PLANE FLYING THROUGH A STORM. ONCE YOU'RE ABOARD, THERE'S NOTHING YOU CAN DO." ...or is there?**

The community is cordially invited to a short film and stimulating panel discussion as experts talk about:

- › The science of aging in the 21st century
- › Extending the quality of life through exercise, diet, mental stimulation & community involvement
- › Community services during tough financial times
- › Where do we start: The urgency of caring for each other  
*Psalm 71:9 "Cast me not off in the time of old age; when my strength faileth, forsake me not."*

This event is free  
Refreshments will be served  
RSVP to [noteniyad@beth-david.org](mailto:noteniyad@beth-david.org) or call 408-257-3333

If you need a ride to the event please let us know

Sponsors: Noten Yad - Congregation Beth David / The Health Trust / PACT – People Acting in Community Together