



Institute for Jewish Spirituality

# Wise Aging

Cultivating mindful leaders. Revitalizing Jewish life.

**With Rabbi Sheinberg & Guest Facilitators: A groundbreaking program designed to meet the social, emotional & spiritual needs of seekers**

You will be guided through reflective work that enables you to come to new understandings about your life, self, values and Jewish practices. Learning modes include text study, active listening, mindfulness meditation, exercises, reflection and journaling. We will meet regularly to learn, share experiences and acquire skills for making changes in our lives that will lead to a deeper sense of well-being.

Sessions are based on resources developed for the Institute for Jewish Spirituality by Rabbi Rachel Cowan and Dr. Linda Thal, primarily *Wise Aging: Living with Joy, Resilience and Spirit*.

Topics include:

what is special about this life stage	cultivating qualities of soul
life review	practicing forgiveness
becoming one's authentic self	learning to live with loss
developing a positive relationship to our changing bodies	change and death
revitalizing and nourishing healthy relationships	cultivating wisdom
	leaving a legacy

The groups will meet initially for a series consisting of 6 meetings. One daytime and one evening series will be offered. Groups are limited in size, so please respond promptly to indicate your interest. I am asking participants to commit to attending all meetings of the selected series.

Please contact the Temple Office  
if you are interested in participating  
in the Wise Aging Sessions  
516.746.1120  
[office@templetikvah.org](mailto:office@templetikvah.org)

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