

Conversations on Aging with Michael Berman

4th Thursday of the Month at 1 PM
Small workshops – Reservation Required

Upcoming Topics Include:

- Grudges and Estrangement – reconciliation, acceptance, and rejection
- Loneliness and Isolation – attitude and action
- Healthy Aging – joys and challenges
- Friendship – rewards and responsibility
- Loss and Acceptance – end of life issues

Make your Reservation Today!



949-380-0155



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