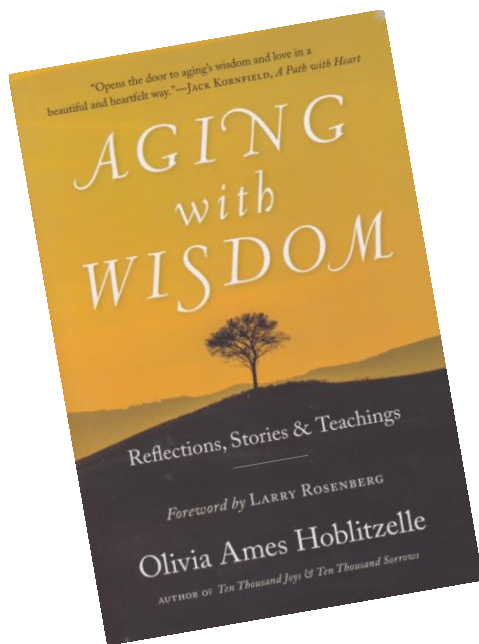


**THE CAMBRIDGE COUNCIL ON AGING
PRESENTS:
AGING WITH WISDOM
Olivia Ames Hoblitzelle**



“A book to cherish – a guide to a rich and challenging time of life.”

- Joan Borysenko, Ph.D, *Mind the Body, Mending the Mind*

“The reader will be rewarded with a new paradigm to the challenge of aging with a treasure trove of inspirational insights and wisdom. A gem to be treasured.”

- Rabbi Earl Grollman, author of 27 books, including *Living When a Loved One Has Died*



How do we find meaning and beauty in aging?

How do we respond to living in an age-phobic culture?

How do we cultivate an inner life resilient enough to handle the vicissitudes of old age?

The last phase of life is often the most heroic – rich with opportunity for reflection, growth, and resolution. Olivia’s talk, based on her book, offers new perspectives on aging and inspiration for potentially the most meaningful chapter of our lives.

Join Olivia for a talk and
slideshow, followed by
discussion and book signing:

Thursday, September 19, 2019

1:00 PM

CAMBRIDGE SENIOR CENTER

806 Massachusetts Avenue

Cambridge, MA

For more information, please contact:

Susan Pacheco at 617-349-6220 or

spacheco@cambridgema.gov.

A pioneer in the field of Mind/Body medicine, Olivia Hoblitzelle is also the author of *Ten Thousand Joys & Ten Thousand Sorrows: A Couple’s Journey Through Alzheimer’s*

