

Fall Program

Living a Good Life - Not Just a Long One

Guest Speaker

Karen Wolk Feinstein, PhD

President and Chief Executive Officer of the Jewish Healthcare Foundation (JHF) and its three operating arms, the Pittsburgh Regional Health Initiative (PRHI), Health Careers Futures (HCF), and the Women's Health Activist Movement Global (WHAMglobal)



As we age, we're challenged to find new meaning and purpose in life. The roles that defined our adult years—doting parent, accomplished professional, weekend warrior athlete—start to fade. In a society that glamorizes youth and novelty over experience and wisdom, older adults can feel marginalized. A growing body of research suggests that finding renewed purpose later in life can, quite literally, be a life-saver. Seniors who have a clear sense of purpose in their lives tend to have better physical, mental, and even spiritual health compared to those who don't. Thankfully, a life without purpose is a preventable, and modifiable, condition. All of us—from health providers and policy-makers to next-door neighbors—have a role to play in ensuring that older adults remain active, engaged community members who derive meaning from their Golden Years.

Thursday
NOVEMBER

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6:00 pm
Registration, Networking
and Visit with Exhibitors

7:00 pm - 8:00 pm
Program

The University Club

123 University Place Pittsburgh PA 15260

Complimentary Registration for Members
Guests welcome (guest fee \$50)

**ON-LINE REGISTRATION
begins September 27th**

Visit www.pagswd.org
periodically for program updates or contact
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Thank you to the following who provided support for the program

