

Aging Gracefully

"A Women's Forum for the Mind, Body and Soul"

Thursday, October 27, 2022

2:00pm to 4:00pm

**Philadelphia Corporation for Aging
2nd Floor Auditorium
642 N. Broad St.
Philadelphia, PA 19130**

Topics Include:

*Meditation | Mental Health | Women's Health
Yoga Demonstration*

**Register by October 20, 2022
(215) 765-9000 ext. 4470 or
Lissette.Sarfraz@pcacares.org**

Space is limited to 100 registered women.

*****Mask Required*****

**Parking in PCA's 15th Street lot
is available upon request.**

