

# Insights on Aging

## Poetry to Nourish Your Soul

COMMUNITY EDUCATION PROGRAM

Presenter

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Clinical Director of Community Services



Can poetry save us in these troubled times? Quite possibly! Poetry has been demonstrated to have a positive impact on mental health and coping. This session will allow participants to read and discuss poems on topics related to aging.

Don't be intimidated—this is not your high school English class! Poems chosen by the speaker are easily accessible to the reader. All are welcome.

**Friday, November 8, 2024 • 11 am–Noon CT**  
**Free, virtual event.**



or go to [www.cje.net](http://www.cje.net).

For more information contact Sharon Dornberg-Lee at [sharon.dornberg-lee@cje.net](mailto:sharon.dornberg-lee@cje.net).

CJE Counseling Services offers a full range of older adult behavioral health services. This includes individual supportive counseling, psychotherapy and support groups, as well as family and caregiver support available in CJE offices or as Telehealth.



Since 1972, CJE SeniorLife has been dedicated to helping older adults live better every day connected to the community of their choice with access to trusted care and a full range of services, rooted in Jewish values. We enhance the lives of older adults and their families regardless of religion, sex, race, ethnicity, disability, sexual orientation, gender identity, or national origin.

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