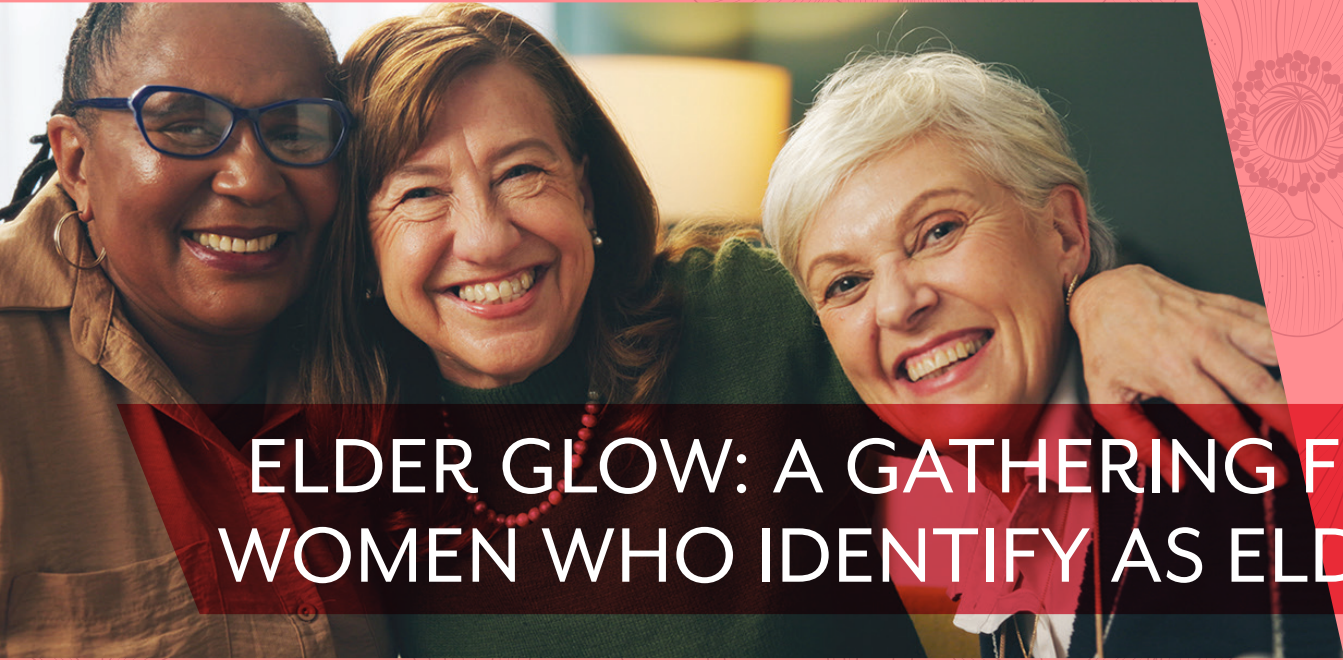




ELDER GLOW: A GATHERING FOR WOMEN WHO IDENTIFY AS ELDERS

FACILITATORS



DR. SANDRA SMITH, RSCP



PAT REYNOLDS, RSCP

**WE'LL MEET THE SECOND SUNDAY OF THE MONTH
BEGINNING SUNDAY, JANUARY 11, 2026
FROM 1:30PM – 3:30PM
AT EAST BAY CHURCH OF RELIGIOUS SCIENCE**

OUR INTENTION

To honor and enhance the lives and legacies of elder women in our community. Together, we will explore meaningful topics such as grief and loss, health challenges, isolation, mortality, legacies, and other subjects the group identifies.

WHAT YOU'LL EXPERIENCE

- Community and Connection: Build friendships and a sense of belonging with other wise women.
- Support and Resources: Share information, listen deeply, and receive encouragement for the unique challenges of elder life.
- Joyful Living: Discover ways to embrace the gifts, wisdom, and positives of this vibrant stage of life.

Come as you are, bring your stories, and let's create a circle of wisdom, laughter, and mutual care.

