

*from*  
**AGE-ING**  
*to*  
**SAGE-ING®**  
**WORKSHOP SERIES**

**Wednesdays: April 24, May 8, 22, June 5, 19**

**1:30pm-4pm**

**Congregation Gates of Heaven**

**852 Ashmore Avenue, Schenectady, NY 12309**

In five Wednesday afternoon sessions, learn powerful tools for gathering and giving expression to the wisdom of your own ripening life and find inspiration through the gift of mortality. Based on the teachings of Rabbi Zalman Schachter-Shalomi and other spiritual wisdom leaders from across many faith traditions.

**All who seek to find meaning in the aging process are welcome.**

**Co-facilitated by Audrey Seidman and Rabbi Eleanor Pearlman**

*Audrey Seidman completed the Sage-ing® Mentorship Program,  
serves as a spiritual director, and volunteers as a chaplain at Albany Medical Center.*

*Rabbi Eleanor Pearlman is Adjunct Rabbi at Congregation Gates of Heaven. She has been a therapist for approximately twenty-five years. She now focuses her work on the elders of our congregational community.*

**Participants should plan to attend all five sessions. Fee is \$36/session and scholarships are available.**

**Discount of \$30 for payment in full by April 19th.**

**Seating is limited so please reserve your spot by April 19th!**

**Call Laura Ehrich at 518-374-8173 or email [LEHRICH@CGOH.ORG](mailto:LEHRICH@CGOH.ORG).**