



Our Lady of Calvary

RETREAT CENTER

Aging Gracefully: The Power of Spirituality

Wednesday, May 14 @ 10:00 am - 1:30 pm \$40



We all aspire to age gracefully, and there is an abundance of advice available on achieving this through books, the internet, and insights from friends and family. Much of this guidance emphasizes the importance of maintaining a healthy lifestyle, which includes regular exercise, a balanced diet, sufficient sleep, and effective stress management. Additionally, we recognize the value of staying connected with loved ones, embracing new learning opportunities, adopting a positive mindset, and accepting the natural changes that come with aging.

Less frequently discussed is how spirituality impacts our aging process. Spirituality often provides a built-in community, which can influence health, happiness, and longevity. Engaging in religious and spiritual practices seems to slow cognitive decline and equips us with better coping strategies.

Join Sisters Eileen Fucito, CP, and Kathleen Dorney, CND, as they explore seven spiritual tasks that we all encounter as we age: belonging, meaning, hope, the sacred, morality, beauty, and the acceptance of dying. They will discuss how our spirituality can help us navigate these challenges, leading to a more graceful acceptance of the aging process.

Register for this program using the form below, or call (860) 677-8519

Registration Form

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Program - \$40

Name

Address

City State Zip

Phone Email

Parish Parish Town

Special Dietary Needs

PAYMENT MUST BE MADE AT TIME OF REGISTRATION.

PLEASE HELP US PLAN BY REGISTERING AT LEAST ONE WEEK BEFORE PROGRAM.

My \$40 offering is enclosed.

Mail reservation and offering to: **Our Lady of Calvary Retreat Center**

31 Colton Street • Farmington, CT 06032

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