



REGISTER ONLINE AT
[BUFFALOJEWISHFEDERATION.ORG/LINK-GATHERINGS](https://buffalojewishfederation.org/link-gatherings)

WISE AGING

Wise Aging, part of the Women Gathering series, focuses on using and celebrating our collected wisdom and experiences through a Jewish context to help us age well. Explore the challenges and benefits of growing older through text study, interactive discussions, mindfulness practices & community.

WISE WOMEN

Wise Women is primarily geared for women who are empty nesters (or soon to be) and sharing the excitement and challenges of a new stage of life. Meeting monthly, a different topic is explored and discussed through both secular and Jewish texts. The group focuses on both personal and spiritual growth.

MUSSAR FOR MOMS

Mussar for Moms will use conversations based on Jewish texts along with contemplative daily practices to set participants on a personal path towards self-discovery and transformation. This program is for women parenting PJ Library age children.

Facilitated by: Susan Schwartz

Mondays | 7:30 - 9:00pm

November 7, December 5, January 9,
February 6, March 13, April 17, May 1, June 5

New Cohorts Forming November 2022!

Join Susan Schwartz to hear more information on
Tuesday, October 25 or Thursday, October 27 at 7:30pm.

RSVP to Susan@buffalojewishfederation.org

WELL CIRCLE

This monthly peer-led Rosh Chodesh gathering connects women to body, soul, and community through wellness learning and Jewish spirituality. This group is designed for women in their 40s and younger.

Monday or Thursday | 7:30 - 9:00pm October 25, November 21, December 19, January 23, February 16, March 23, April 20, May 18, June 20
(depending on month)