



Join UH's Monday Seniors Group for lunch with our guest speaker

Marcia Mermelstein, MSW

From



Topic: "Getting Over Getting Older"

Through both her personal and professional lens, Marcia will deal with the feelings that accompany the universal experience of getting older, with the hope that participants will then leave the program better able to look mortality in the eye and live fully in the present, and learn to "unhurry" time.

Monday, March 26

12 Noon

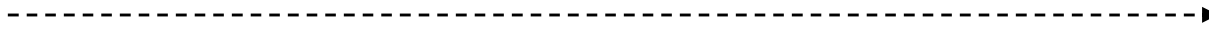
In the Jablon Youth Lounge

Enjoy a salad and sandwich lunch catered by St. Louis Bread Company
Choice of: Smoked Turkey Breast, Roast Beef, or Almond Chicken Salad Sandwich

Cost: \$9* per person

To make a reservation, send the tear-off below with your check (payable to United Hebrew) to: United Hebrew Congregation, Attn: Nancy, 13788 Conway Road, St. Louis, MO 63141, by Tuesday, March 20.

For more information, call lone at 314-434-5645.



[Monday March Seniors Luncheon](#)

Name(s) _____ Phone _____

Sandwich Choice: Smoked Turkey Roast Beef Almond Chicken Salad

*Cost has increased in order to accommodate the rising cost of food.