

Rockland County Chapter AARP

& JCC Rockland

Wednesday, March 16 1pm

Author Bruce Frankel



Meaning and Success in the second half of your life. Real life stories. Bruce Frankel is not a neurologist. Nor a gerontologist or social scientist. He is a baby boomer, who like many others, began questioning the second half of his life just as he was beginning it. A fateful lunch led him to investigate those people that did what many want to do—live their dreams and succeed in doing the improbable and the significant. In ***WHAT SHOULD I DO WITH THE REST OF MY LIFE?*** Bruce Frankel delivers intimate narratives that prove anything is possible. *Book signing with this event.*

Wednesday, April 13 1pm

Sheryl Leventhal, Holistic Specialist



Alternative Health Needs & Prevention: Explore the link between environmental and chemical toxins and disease, with an emphasis on how nutrition can bring the immune system back to a state where the body can heal itself.

Dr. Leventhal provides an understanding of the transformation she underwent as a medical professional in her approach to cancer and other serious diseases, one that puts an accent on preventing the root causes and treatment with safe, non-toxic nutrition and detoxification methods.

Wednesday, May 18 1pm

Arbitration

These programs are held at JCC Rockland and are free and open to the public. For more information, contact AARP President Norm Cohen at 623-7606

JCC Rockland 450 West Nyack Road, West Nyack, NY 10994
845.362.4400 x109 bonniew@jccrockland.org www.jccrockland.org

You belong here.®

AARP.org

JCCs of North America

