

# Interfaith Across Generations:

*"Promoting Well-being and Balance"..... A Tea for Walking the Walk Daughters, Mothers, Sisters, Aunts and other special women in our lives*



## Please Join Us:

- ❖ Share what give you joy and what nourishes you from your faith tradition
- ❖ How can we be mindful about healthy eating (and taking time to enjoy it!)
- ❖ What promotes well-being and balance in your life?
- ❖ How do spiritual practices support or redefine what we are naming "well-being practices"?
- ❖ Experience yoga!

**No Cost** (if you would like to bring a special dessert, let Margie know)

## Location:

SHCJ Province  
1341 Montgomery Avenue  
Rosemount, PA 19010

**SAVE THE DATE:**  
**Sunday, May 22**  
**2:00 - 5:00 PM**

**A UNIQUE, INTERGENERATIONAL, INTERFAITH WORKSHOP**

**for FEMALES connected to *Walking the Walk* and their mothers, grandmothers, aunts, sisters, and/or other special women in their lives**

**Will you be joining us?**

RSVP to Marjorie Scharf at [mns@interfaithcenterpa.org](mailto:mns@interfaithcenterpa.org)

  
**INTERFAITH CENTER**  
OF GREATER PHILADELPHIA™  
*Dare to understand.™*