Parish Health Ministry
A Service of Episcopal Retirement Services

Refresh Your Soul 2019

Living Well with Purpose

Keynote speaker: **Kathryn Spink,** authorized biographer for Mother Teresa, "Saint of Calcutta"

Living with Meaning and Purpose

Tracing the life and work of Mother Teresa, **Kathryn Spink** will reveal wisdom and knowledge gained from the saint as she cared for the poor, sick, and dying.

The Purpose of Life is a Life of Purpose

Rabbi Abie Ingber will relate valuable lessons from his parents who survived the Holocaust and inspired him on his pathway to peace.

Food as Medicine

Leah Sarris, RD, LDN will explore the growing field of Culinary Medicine and its amazing effect on our health.

Aging with Zest and Vigor

Kay Frances will share effective ways to cope with stress and leave you laughing and enlightened on how to age with zest and vigor.

OPTIONAL VIP LUNCHEONS:

Perseverance and the Dark Night of the Soul
by Kathryn Spink

Rewarding Yourself – Healing the World
by Rabbi Abie Ingber

Using Food in the Battle Against Cognitive Decline
by Leah Sarris

Monday, March 18, 2019 • 9 a.m. – 3:15 p.m.

Visit parishhealthministry.com/RYS • Questions, call 513.979.2246

Conference Location: The Cintas Center at Xavier University in Cincinnati

Presented by Episcopal Retirement Services' Parish Health Ministry

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