



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](http://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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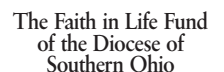
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