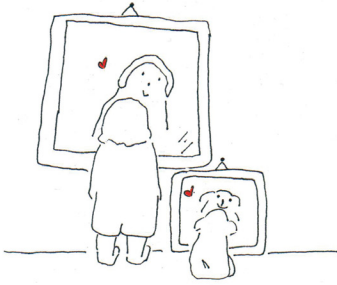


Wrinkles Don't Hurt

Daily Meditations on the Joy of Aging Mindfully



Ruth Fishel, Author of *Time for Joy*

Illustrations by Bonny Van de Kamp

"Wrinkles Don't Hurt"

Daily Meditations on the Joy of Aging Mindfully

*Free Talk & Book Signing
Saturday, February 18th at 4pm
with Author Ruth Fishel*

No matter if we're thirty or ninety, we can learn to live in a way that deepens our joy. Best-selling author Ruth Fishel provides guidance and inspiration to help us remain positive, present and more mindful.

Join her as she offers practical suggestions and powerful tools that can keep our memories sharp, alleviate stress, boost immunity, and help us keep a better handle on Life's ups and downs.



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