

Mindful Aging

A weekly group for mature adults exploring how to make the rest of our lives the best of our lives

Using meditation, guided imagery, journaling, discussion and other modalities together we confront and embrace the aging process

No prior experience necessary

We meet Wednesdays from 10:30 to noon

To learn more please contact Fran Zamore, LCSW-C
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Fran Zamore, LCSW-C is a strengths-based clinical social worker with over 30 years of experience as a therapist focusing on personal and spiritual growth and mind-body-spirit connection. Fran is the co-author of *GriefWork ~ Healing from Loss*, *The GriefWork Companion ~ Activities for Healing* and *GriefWork for Teens*. Her work and expertise focus on issues such as life transitions, grief and loss, and healing relationships. Fran's current passion is teaching a variety of mindfulness-based practices to help ameliorate stress. Fran is certified by the Center for Mind-Body Medicine and a graduate of the Institute for Jewish Spirituality's Mindfulness Meditation Teacher Training Program and Wise Aging facilitator training.