



Parish Health Ministry  
A Service of Episcopal Retirement Services



# Refresh Your Soul 2019

## Living Well with Purpose

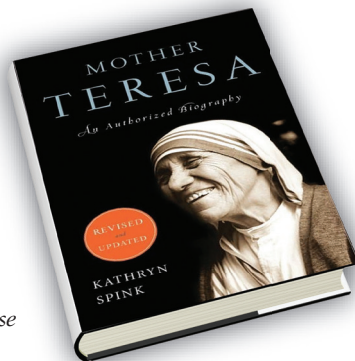
Episcopal Retirement Services' Parish Health Ministry presents  
a day devoted to living well with purpose.

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

Kathryn Spink,  
authorized biographer for Mother  
Teresa, "Saint of Calcutta," will be  
the keynote speaker joined by  
healthy aging experts:

- Leah Sarris, RD, LDN  
*Food as Medicine*
- Rabbi Abie Ingber  
*The Purpose of Life is a Life of Purpose*
- Kay Frances  
*Aging with Zest and Vigor*



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