

# *Women's Forum*

## *Sharing Wisdom*

Happy New Year Ladies!

Going forward into January we will be profiling a woman who was a fixture of contemporary history for a large part of our lives and whose legacy endures. And coming off a constrained holiday season (which for some was difficult) we'll have our discussion in a relaxed conversational tone, based on our aim of "Sharing Wisdom". We'll talk about memories of the year past and resolutions for the year ahead. And then having as our subject someone so present in our lives that it's almost like a homecoming, the discussion of her life may bring back some reminiscences of how she impacted our own personal experiences. This person, a "household word" for more than sixty years will take us back as we witnessed her story, as children and then as women. Our first topic for 2021 is Jacqueline Kennedy Onassis.

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Our next subject for this month is called "Everybody's Doing It". Unfortunately it's not referring to some fun and fabulous new trend but to the sad truth of AGING!

Dr. David Sinclair, co-Director of the Glenn Center for the Biology of Aging at Harvard Medical School and Dr. Kellyann Petrucci, naturopathic physician and weight loss and anti-aging expert will be our guides for a view into the process of and future of aging. And we'll talk about the importance of sleep, that elusive commodity so necessary for wellness.

To sign up for the videos for both topics or to our virtual program of discussions please contact us at [womensforumusa@gmail.com](mailto:womensforumusa@gmail.com). You'll then be added to our email distribution list for more detailed news of all events.

Wishing You All A Wonderful New Year!!

Evelyn