

**64%**

of family caregivers report high levels of emotional stress, and nearly 1 in 4 say they struggle to find time to care for their own health.

(Source: AARP, 2025)

**1 in 4**

People report having a midlife crisis, often triggered by major life events.

(Source: Elaine Wethington, 2024)

# Midlife Transition

A mental health presentation featuring  
Karen Levinson, PhD

**Thursday | February 12 | 7:00 pm**

Beth Shalom Congregation • 8231 Old York Road, Elkins Park, PA 19027

Midlife can be a time for personal growth, new opportunities, and a re-evaluation of priorities. It can also be a time filled with challenges related to letting go of the past, shifting parenting roles, renegotiating careers and relationships, dealing with changing bodies and new health concerns, caring for aging parents, and reinventing oneself. Join us for a workshop to gain a better understanding of this normal life transition and learn some new skills to support your personal journey.

**Karen Levinson, PhD**  
Regional Clinical Dir., Staff Therapist at Council for Relationships

JOIN US IN-PERSON OR ON ZOOM. REGISTRATION IS REQUIRED.  
CLICK HERE TO REGISTER.



**This adult only event is free and open to the community.**

Questions? Contact the Center for Spiritual Well-being at [info@spiritualwell-being.org](mailto:info@spiritualwell-being.org).



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