

TEMPLE EMANU EL SISTERHOOD PRESENTS

GOOD FOR THE SOUL

*An Afternoon
of Wellness,
Friendship
& Joy*

An uplifting
afternoon with
gentle movement,
feel-good food,
*laughter,
friendship &
gratitude...*
all while discovering
simple ways to bring
a little more *joy* &
well-being into
everyday life.

Presenters:

- ★ Renee Delafronconi, MSSA
- ★ Pam Hruby, MD
- ★ Kari DuBro, MS, RD, LD
- ★ Yael Greene, MEdL

Wear comfortable clothing

RSVP by 11/5 to Ashley, AWalker@teecleve.org

**SUNDAY
NOVEMBER 8**

**1:30 PM
LAKS HALL
TEMPLE EMANU EL**

