Being healthy is a Torah Value

Women’s Health & Fitness Shiur Series

For Women 40 and over, almost 40, or who will be 40 one day!

Shiur introductions by Denise Katz

Making time for fitness
Presented by Shevi Kurcfeld: Sunday August 15, 10 am
4109 Morningwood Drive, Olney, 301-570-8634
Get insight on how you can incorporate fitness into your life, even if you have a busy schedule

Starting a fitness program
Presented by Wendy Tobb: Sunday August 22 at 10 am
2219 Carter Mill Way, Brookeville, 301-570-5702
Come and hear practical advice on starting a fitness program and get a tour of Wendy’s gym & exercise equipment

Health issues faced by women 40 and over
Presented by Karin Rosenthal: Sunday August 29, 10 am
18685 Queen Elizabeth Dr, Brookeville 301-774-8005
Get information on various health issues facing women as we age and how to counteract/address them

Phone: 301-570-9544
Email: dkharmony2002@yahoo.com

For more information or to RSVP contact Denise Katz