

Preparing Your Mind, Body & Soul for the New Year

An Elul Program for Women

Preparing Your Mind
Setting The Mood For the Month to Come

Wednesday, August 22
With Rabbi Eliezer Lachman

Preparing Your Body
From Soup to Nuts: How to Properly Plan Your Meals

Wednesday, August 29
With Rebbetzin Subby Milikowsky

Preparing Your Soul
How to Pray...and Mean it!

Wednesday, September 5
With Rabbi Eli Fink

All classes will take place at 7:30 p.m.
Jewish Family Center — 18318 Georgia Avenue

Presented by the women of:
The Jewish Family Connection
Ohev Sholom Talmud Torah Congregation of Olney
The Samuel and Zehava Friedman Kollel of Metropolitan Washington

For more information, please contact Meghann Schwartz
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