

# CHANGE AHEAD

## FULFILLMENT THROUGH CHANGE

*A unique program for women who desire to look and feel their best, as they adapt to facing an empty nest.*

Are your children leaving home, or have recently left, and you're thinking about how to get the most out of your new reality? Come join a select group of Hadassah women for coffee and a light breakfast at Dafna's home.

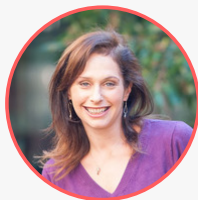
**SUNDAY, MARCH 19, 2017**  
**10:30AM-12:30 PM**

**AT THE HOME OF DAFNA MIZRAHI, LOS ALTOS**  
**ADDRESS PROVIDED UPON RSVP**

**RSVP BY MARCH 15th as space is limited: [SequoiaChapterRSVP@Hadassah.org](mailto:SequoiaChapterRSVP@Hadassah.org)**  
**For more info contact Dafna: (650) 949-8173**

**Donation: \$15 (to be collected at the door)**

*Meet our presenters: (Presentations are in English)*



### **Yael Dror**

Yael Dror, Israeli television personality and nutritionist, will talk about working with your body to become healthier.



### **Hagit Ram Einav**

Hagit Ram Einav, stylist, will help you adapt your wardrobe to adjust to your new role(s).



### **Shira Gross**

Shira Gross, Cognitive Behavioral Psychotherapist, will focus on self-awareness and creating positive changes in your life.

*And our hostess:*

### **DAFNA MIZRAHI**

Dafna Mizrahi is a personal real estate consultant.  
[www.TeamMizrahi.com](http://www.TeamMizrahi.com) / [dmizrahi@cbnorcal.com](mailto:dmizrahi@cbnorcal.com)

