



Spa for the Body and Soul

A Jewish Women's Community Event

Thursday, April 14, 2016, 5-9 pm
Temple Sinai

3509 So. Glencoe St., Denver, CO 80237

Bring yourself and your friends to a night of activities to enhance your physical and spiritual health.

New lower price this year thanks to our sponsors: \$18.

Scholarships are available.

Vegetarian spa dinner from Yaffa's Savory included.

Gluten-free and Certified Kosher available on request.



Registration closes on April 8.

To register, contact Mizel Museum, www.mizelmuseum.org, or send check payable to Mizel Museum (with Spa for Body and Soul in memo line), c/o Georgina Kolber, Mizel Museum, 400 S. Kearney St., Denver, CO 80224.

For more information, please call Sara Shvartzman, 720.382.7842, sshvartzman@kavodseniorlife.org.

Keynote: Chaya Parkoff, Living Life on a Positive Note

Debbie Goodman, *Shmirat Haguf: Taking Care of Our Bodies*

Rabbi Evette Lutman, *Breathing God into the Fracture:*

An Open Talk

Lynn Rubenstein, *Rikkud (Israeli Dance)*

Mira Rubenstein, *Archetypes and Dream Imagery*

Ruth Sharon, *Embodying Your Soul: Walking Meditation*

Sara Shvartzman, *Laughter Yoga*

Chaya Sarah Tene, *Sing-Along*

HADASSAH



Thank you to the underwriter of this flyer, Feldman Mortuary, 303.322.7764, www.feldmanmortuary.com.

