

## 2016 Resolution #1 – A Vibrant New You

**Sunday, January 10, 2016**

Registration: 1:00 pm

Workshops: 1:30 pm to 4:30 pm

Our outstanding workshop leaders will share their insights and facilitate a group discussion.

All Are Welcome —

The Community, Hadassah Members, Associates, Guests, Spouses & Family

**Venue:** Jewish Family & Career Services (JF&CS) Atlanta office  
 4549 Chamblee Dunwoody Road Atlanta, GA 30338

**Couvert:** \$10 per person. Light refreshments served.  
 Bring your yoga mat or if one is needed, please check the box on the registration form.



**BELINDA OSSIP, Holistic Health Practitioner for JF&CS' Health Power Initiative.**

Belinda holds a certificate in plant-based nutrition from Cornell University. She will lead Workshop Sessions on the relationship between food and well-being.



**CAROL BERG, Yoga Alliance E-RYT 200/RYT 500 certification, yoga, meditation, pranayama practitioner and instructor.**

Carol is also a member in good standing with the Georgia Bar. She will lead Workshop Sessions using yoga, meditation and relaxation techniques.



**DEBBI DOOLEY, MS, LPC, NCC, Case Manager, JF&CS.**

Debbi specializes in older adults and brings a depth of experience with degrees in nursing, anthropology/ sociology and professional counseling. She will facilitate the Group Discussion.

Please mail check payable to "Ketura Hadassah" to  
 Sheila Parks 53 Basswood Circle Atlanta, GA 30328-4549

**Paid reservations and forms must be received by Monday, December 28.**

Questions? Please contact Sheila Dalmat at 678.441.0650

HADASSAH, THE WOMEN'S ZIONIST ORGANIZATION OF AMERICA, INC.  
 ©2015 Hadassah, The Women's Zionist Organization of America, Inc.  
 Hadassah is a registered trademark of Hadassah, The Women's Zionist Organization of America.



*L'Chaim: A Vibrant New You* Reservation Form

Name \_\_\_\_\_

Telephone/Cell Number \_\_\_\_\_ Email \_\_\_\_\_

Guest Name/s \_\_\_\_\_ Amount Enclosed \_\_\_\_\_

Yoga Mat Needed