

SELF CARE:

HOW ANCIENT
WISDOM & TIMELESS
TRADITION CAN HELP
US RECHARGE AND
BUILD RESILIENCE IN
OUR LIVES, TODAY

A THREE-PART
WORKSHOP WITH
RABBI ALANNA
BLENDING STUDY
AND PRACTICE

BUILDING YOUR SPIRITUAL TOOLKIT



ATTEND 1, 2 OR ALL 3 SESSIONS
RSVP TO OFFICE@ORHADASH.COM BY DEC 5TH



OR HADASH
A RECONSTRUCTIONIST CONGREGATION

Sundays • Dec 8, 15, 22
9:30-11am • OH Library