

Finding Balance Along Your Jewish Journey Navigating Life's Transitions with

DR. DALE ATKINS

Are you a new parent,
an empty nester,
starting a new job, a
retiree, a caregiver...or
going through another
life transition...
then please join us:

Friday

October 19

8:00 pm

(immediately following
Shabbat Dinner)

Use your Smart Phone to
scan this QR code to
register for
Shabbat Dinner
RSVP by October 15



You do not need to attend
Shabbat dinner to participate
at 8:00 pm.



**Nationally acclaimed television
commentator, psychologist and
author Dr. Dale Atkins, will
speak during Shabbat services
and again at 8:00 pm, after
Shabbat dinner.**

**Her talk will focus on living a
balanced life, especially in
times of transition.**

**Learn more about her work at:
www.drdaleatkins.com**