

YOGA FOR BACK PAIN

LED BY DR. ZOHRA CAMPBELL

Sunday, March 25, 1:00 pm

M
A
R

Join Dr. Zohra Campbell, Chiropractic Physician and Yoga Therapist, for a presentation on Yoga For Back Pain.

Learn how yoga can help with the stiffness, immobility, and stress of back pain. We will practice gentle yoga poses to bring flexibility and strength, as well as breathing practices to help deal with stress and pain. You need not have back pain to attend. Please wear comfy clothes that you can move in and bring a yoga mat if you have one.



ORTHODOXY AND FEMINISM TOGETHER - OY!

"THE WOMEN'S BALCONY"

A FILM BY SHLOMIT NEHAMA AND EMIL BEN-SHIMON

Sunday, April 29, 1:00 pm

A
P
R

*New York Times & Los Angeles Times CRITICS PICK!
Israel's #1 Film of the Year!*

An accident during a bar mitzvah celebration leads to a gender rift in a devout Orthodox community in Jerusalem, in this rousing, good-hearted tale about women speaking truth to patriarchal power.

When the women's balcony in an Orthodox synagogue collapses, leaving the rabbi's wife in a coma and the rabbi in shock, the congregation falls into crisis. Charismatic young Rabbi David appears to be a savior after the accident, but slowly starts pushing his fundamentalist ways and tries to take control. This tests the women's friendships and creates an almost Lysistrata-type rift between the community's women and men.

Come see this film on our brand new state-of-the-art media system! Suggested donation of \$5 per person. There will be popcorn and drinks available for purchase. We will be using our new popcorn machine!



HEALING INTERGENERATIONAL TRAUMA THROUGH STORYTELLING

SPEAKER EMILY WANDERER COHEN

Sunday, June 3, 1:00 pm

J
U
N

Emily Wanderer Cohen is the author of From Generation to Generation: Healing Intergenerational Trauma Through Storytelling, which connects the dots between her behaviors and choices and her mother's Holocaust experiences. She will illustrate how the Holocaust continues to have an impact on current and future generations.

Emily is a trauma healing coach specializing in intergenerational trauma, specifically from the Holocaust. Come meet this acclaimed author and get a better understanding of how Holocaust and other trauma survivors transmit their trauma to their children and grandchildren. Copies of the book will be available for sale.

