

Loving Our Bodies From the Inside Out

“Don’t Let Your Mind Bully Your Body” —June Tomaso Wood

Self-Esteem, Guided Imagery, Health at Every Age, Living your Best with the Skin You Are In & Much More!

Sunday, December 16, 2018 @ 2:00pm

Temple Shaarei Shalom

**For Teens, Tweens, Mothers, Daughters, &
Seasoned Worldly Women**

Co-Sponsored By:

Holly Bromer, Yoga Instructor

Gold Coast Dermatology, Danielle Manolakos D.O., MPH

Melrose Internal Medicine, Melissa Mora D.O.

The Sisterhood of Temple Shaarei Shalom

*Please complete and return this form with check payable to Temple Shaarei Shalom to the Temple office.
by 12/8/2018*

Contact Phone No.: _____ **Email Address:** _____

Name of attendees	Member Only \$15	Member Mother/daughter \$10	Non-Member \$20	Non-Member Mother/daughter \$15	Teen/Tween \$5

Questions? – Jody Abrams (617) 645-1138

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