

WHC SISTERHOOD



SYMPOSIUM 10.4.10

Join the women of
Washington Hebrew Congregation Sisterhood
as we learn and grow together, Mind, Body & Soul.

Monday, October 4, 2010
9:30 a.m. Sharp! - 2:00 p.m.
Julia Bindeman Suburban Center
11810 Falls Road, Potomac, MD

KEYNOTE ADDRESS

Mindful Communication
Communicate with Impact
With **Judith Finer Freedman**

You'll enjoy your choice of 2 seminars along with the
keynote address, a catered luncheon and Mind Body Soul
Reflection with Rabbi Susan Shankman.

JOIN US!

RESPONSE REQUIRED BY SEPTEMBER 24

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PLEASE JOIN US

REGISTER FOR 2 OF 6 THOUGHT-PROVOKING, WOMAN-FOCUSED SEMINARS

SPIRITUAL BODY BUILDING

Too often, we're our own harshest critics. How can we connect with ourselves to really improve our inner strength, confidence and beauty?

WITH RABBI SUSAN SHANKMAN

Associate Rabbi at Washington Hebrew Congregation



GELT SMART

What every woman needs to know to take control of her finances, no matter her age or stage in life.

WITH DIANNE NOLIN

Wealth Manager, Certified Financial Planner & Certified Divorce Financial Planner with the Blisk Financial Group of Spire Investment Partners



TIME FLIES, CAN YOU?

Learn how to literally add more time to your day by getting rid of "Time Cheaters." Tips you'll learn will help you gain more control of your life.

WITH JUDITH FINER FREEDMAN

Work-Life Consultant, Author and Researcher on the dynamics of work-life effectiveness

DE-CLUTTER AND DE-STRESS

How to separate need from want. Tackle that overwhelming de-cluttering challenge once and for all, save what's precious and monetize what could be valuable.

WITH NANCY MALPHRUS

Estate Liquidation Specialist



WOMAN CONFIDENTIAL

How to take care of our bodies at each stage of a woman's life in order to age in the best of health. Dr. Oz, step aside!

WITH DR. TOBIE BECKERMAN

Beckerman Women's Health



FOOD FOR THOUGHT

Learn how to slow down, eat with intention and become more mindful of your food choices, one bite at a time.

WITH ELISE MUSELES

Certified Holistic Health Counselor and founder of Kale & Chocolate – "For a Nourished Life"

QUESTIONS?

CONTACT LORETTA HOROWITZ AT 301-564-4344 OR LOREDH@AOL.COM

MINDFUL COMMUNICATION

Effective communication lies at the heart of the Mind Body Soul connection for all of us as individuals as well as part of our Sisterhood. Come learn new ways to be heard by your sisters, your partners, and even your children. Find out what communication habits can actually weaken the message you're trying to convey. When you deliver your message with more clarity and certainty, you'll even reduce stress and encourage collaboration within Sisterhood and in other areas of your life.



JUDITH FINER FREEDMAN is a work-life consultant, author, researcher and lecturer on the dynamics of work-life effectiveness, generational diversity, gender bias, and mentoring. She founded The Balanced Worker Project™ that helps individuals and organizations develop solutions to the

challenges of work and life demands and cross-generational and gender differences. Judith was selected as a 2009 *Rising Star* by WorldatWork® and The Alliance for Work-Life Progress® (AWLP). She has recently written a book entitled, *Cracking the Code: Unlocking the Potential for Future Leaders*.

Judith is a working Jewish mother of three who is active in Jewish philanthropy in her local Toronto community and nationally. She has served as the Chair of the UJA Women's Campaign in Toronto, as a member of the BBYO International Executive Board in Washington D.C. and as the International Chair of the BBYO Friends and Alumni Network (FAN).