

IT'S 2019... LET'S TALK ABOUT THE ONE RESOLUTION WORTH MAKING!!

Join The Early School for a complimentary brunch and
discussion on the

Wellness Mama's guide to being more present in the year ahead

January 18th at 9:30am
Temple B'nai Abraham
300 East Northfield Road, Livingston
(Entrance on E. Cedar)



From parenting to our personal relationships, come hear
Donna Ellenbogen, LCSW, (www.familywellnessnyc.com)
give tips on how to focus less on being perfect and instead
gain the ability to soak in more of the perfectly-imperfect present!

This workshop is open to the community- please spread the word

RSVP to JRein@tbanj.org by January 14th