



# AJEC

presents

## Sunrise: A New Beginning

As the sun comes up each morning, a chapter of our life closes and a new one begins. So it is as we approach the High Holy Days. Looking at nature through the lens of Judaism, we can see the gift of living meaningfully. Please join us as we connect our inner selves to the moment to moment brightness of new beginnings.

### Presented by Ali Begoun

Ali Begoun is a certified life and marital coach. Ali and her husband are co-founders of L'Chaim Center for Inspired Living, an educational organization dedicated to providing adults with meaningful Jewish education

**Tuesday, September 12, 2017**

**10:00-12:00 pm**

**Program held at  
Congregation Beth Judea  
5304 RFD, Long Grove**

We will be gathering outdoors, so please bring a lawn chair or blanket to sit on. In the event of rain, the program will be held inside.

Cash or Check \$15 per person  
Walk Ins Welcome

To pre register send check and contact information to:

AJEC  
504 W. Hintz Rd  
Arlington Heights, IL 60004

For more information, please contact  
AJEC @ 847-363-0000

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**AJEC** (Adult Jewish Education Co-op) is committed to providing relevant programs of vital interest to all. Programs will generate open and honest discussion, as well as focus on personal connections to the topics.