



AJEC

presents

The Power of Attitude: The Jewish Approach to Reframing our Thoughts and Words for a Happier Life

Join Jewish educator and life coach Ali Begoun for a discussion on the journey we all must take from the life we have, to the life we want. Discover powerful Jewish wisdom as well as practical tips and strategies for becoming a better you.

Presented by Ali Begoun

Ali Begoun and her husband, Rabbi David, are co-directors of L'Chaim Center for Inspired Living, a vibrant Jewish life and learning center in Deerfield. Ali is a Torah teacher and a life coach, with a passion for teaching the Jewish approach to personal growth and self development.

Tuesday, March 5, 2019

1:00-3:00 pm

**Program held at
Congregation Beth Judea
Rt 83 and Hilltop Rd.
Long Grove, IL**

Cash or Check \$15 per person
Walk Ins Welcome- No Preregistration required

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

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.