



AJEC

presents

All Paths Can Lead to Joy

Whether you are overwhelmed, or you are experiencing stress, disappointment, or heartbreak, there is a path forward. Through mindfulness and other spiritual principles and techniques, come and find your way back to the joy you so richly deserve in life.

Presented by Mendy Hart

Mendy Hart, Life Empowerment Coach, personal coach and holistic therapist, demonstrates passion for personal growth issues and helping others achieve a wide range of success in their lives.

Thursday, November 9, 2017

1:00-3:00 pm

**Program held at
Temple Chai
1670 Checker Road
Long Grove, Illinois**

Cash or Check \$15 Per Person
Walk-Ins Welcome

As Thanksgiving approaches, please bring a non-perishable food item for our local food pantry.

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.