

Refresh *Mind & Body* for a Sweet New Year!

NCJW AZ's Annual Special Program
for NCJW Members, Guests & Prospective Members

NEW DATE!! 6:30pm THURSDAY, September 14th



The Renewal of Body

Led by Certified Nutrition, Fitness & Metabolic Expert, Christi Christiaens

The Renewal of Body is the focus of Christi Christiaens who is a personal trainer and the Scottsdale J's Certified Nutrition, Fitness & Metabolic Expert. Christi spoke to great acclaim at our "Be Well, Stay Well, Here's How" Women's Health Symposium Luncheon held at the "J" in 2016. We are very fortunate to have her return. Expect to be informed, enlightened and challenged by her eminently sensible approach to healthfulness regardless of age or physical condition.

The Renewal of Spirit

Led by Cantor Dannah Rubinstein of Congregation Or Tzion

The Renewal of Spirit will be led by Cantor Dannah Rubinstein who is the Cantor at Congregation Or Tzion in Scottsdale. Cantor Rubinstein will lead us in spiritually preparing for the holidays with song and more that will enhance our experience. Cantor Rubinstein received her B.A. in Music, with a minor in Film and Judaic Studies from Brandeis University. She received her M.A. in Cantorial Studies and Jewish Music in 2008.

RSVP membership@ncjwaz.org (*requested*, not required)

WHEN **6:30pm on Thursday, September 14th**

WHERE Pueblo Norte Senior Living Community 7090 E. Mescal St. Scottsdale

WHO ***Members, guests & prospective members***

Reminder: For annual renewals (due now) and new memberships, please send (or bring) a check for \$35 payable to NCJW AZ. Mail your dues to our Treasurer, Francine Ebersman, 6017 E. Dale Lane, Cave Creek, AZ 85331-3476. Include your email, cell # & address.