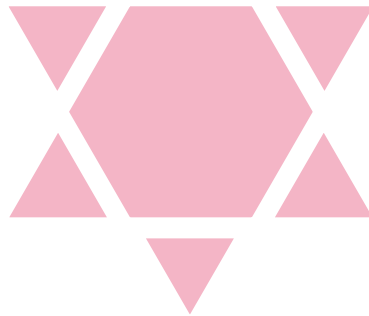


# om&shalom

women

20s - 40s



## om&shalom

MONDAY, JUNE 5, 2017

9:30 AM

Louis S. Wolk JCC of Greater Rochester  
1200 Edgewood Ave | Rochester, NY 14618  
Free of charge | Food donation requested

### WELLNESS FOR COMMUNITY AND SELF

Join other women for an opportunity to take care of your community and take care of yourself.

Come with your donations of food items for the Open Door Mission and spend the first half of the event bagging contributions. Then focus on yourself: bring a yoga mat and enjoy a peaceful, relaxing yoga session.

Please bring a photo ID if you are not a member of the JCC.

Donation suggestions: instant oatmeal packets, instant coffee/tea packets, dehydrated milk, granola bars, small cereal boxes, dried fruit or nuts, fruit cups with spoons.

**RSVP: [Gmirochnik@jewishrochester.org](mailto:Gmirochnik@jewishrochester.org)**

Co-sponsored by:



Jewish Federation  
OF GREATER ROCHESTER

