

Thoughtful Thursdays: Exploring the Landscape of Jewish Learning Presents....

***Why Poetry Matters* with Michelle Kaplan, former TBT member**

Thursday, June 4

7:00-8:00pm

You know that hobby you love to do. The thing where you lose all sense of time. The thing you haven't done in a while because you're so busy. Busy working, raising your children, looking after elderly parents, volunteering, etc. **Then this talk is for you.** During our hour together, Michelle Kaplan will present on why poetry is impactful in supporting our overall wellbeing and how even a small amount of regular creative expression, whatever that looks like for you, can spill out and positively impact many areas of your life.

Michelle Kaplan is a single mother working full-time and is in your shoes. Fun fact, she was Bat Mitzvahed at Temple Beth Tikvah a lonnnnnnnnnng time ago! Fast forward to a few years ago, she had one of those "last straw" moments that had her sit down and write out what was going on to help clarify and rectify the situation. That moment became a daily writing practice for Michelle, an hour a day, mostly in the early mornings where she could find the time to write. That one act resuscitated Michelle's love for writing and has transformed Michelle into becoming a published poet in addition to her other responsibilities.

Michelle authored and released her book *and: A love story within* in the Fall 2018, which was recognized as Amazon's #1 Hot New Release for Inspirational Poetry and her second book, *Burst & Flourish*, will be released late summer. Michelle Kaplan has worked in corporate America for thirty years as a Human Resources professional with a focus on Organizational Effectiveness and Leadership Development and is a Self-Discovery Coach. For more information about Michelle, please visit her website at www.BurstandFlourish.com.

Come make the time to hear Michelle's journey, poetic storytelling and truth telling, and why creative expression is vital to living a great life. Through someone else's story, we get a greater sense of our own. This is for you, the busy one. What you can gain in this hour has the potential to last a lifetime.