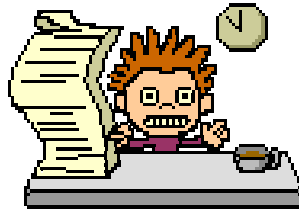


Has the Main Event got you in a tizzy?



Ease your mind and your body after the Main Event with a **Guided Meditation**, by Reverend Nejume Grodziensky, RM DRS CHT.

Nejume, a Reiki Master, Regression Specialist, and Doctor of Religious Science, will help you increase your focus, productivity, energy and emotional health.

Wednesday, February 18th

4:00–4:45 p.m.

Boardroom

Limited spots available.

R.S.V.P. to Laura by February 9th, lgottlieb@gmjf.org or x413.

To learn more about Nejume and her practice, visit www.nejume.com