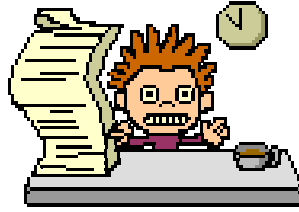


# Has the Main Event got you in a tizzy?



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 18<sup>th</sup>**

**4:00–4:45 p.m.**

**Boardroom**

Limited spots available.

R.S.V.P. to Laura by February 9<sup>th</sup>, [lgottlieb@gmjf.org](mailto:lgottlieb@gmjf.org) or x413.

To learn more about Nejume and her practice, visit [www.nejume.com](http://www.nejume.com)