



**TUESDAY, APRIL 24**  
**6:00 - 8:30 P.M.**

Hosted by  
**Adat Shalom Synagogue**

In partnership with  
**Hadassah of Greater Detroit**

**Learn from the experts how to have better  
health and wellness in your busy life**

**GUEST PANELISTS**

**RABBI RACHEL SHERE**

*Adat Shalom Synagogue*

**DR. STACEY FRANCIS**

*Chiropractic Kinesiologist & Nutritional Consultant*

**DR. ESTHER ZEKMAN**

*D.O., Obstetrics & Gynecology*

**MODERATED BY DR. TERRI ORBUCH**

*Ph.D., Professor of Sociology at Oakland University*

**LITE BITE PROVIDED BY QUALITY KOSHER CATERING**

Cost: \$18 (Check payable to Adat Shalom Synagogue)

**REGISTER ONLINE AT [WWW.ADATSHALOM.ORG/WELLNESS](http://WWW.ADATSHALOM.ORG/WELLNESS)**

Free child care is available with advance reservations.

**QUESTIONS ??**

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