

*On the Cutting Edge*

*Today's Jewish Woman  
A Women's Symposium*

**Be a Women in the Know!!**

**Advance Your Mind ~ Enhance Your Well-Being  
An Inspiring Symposium for Women of all Ages**

**Location:** Ina Levine Jewish Community Campus  
12701 N. Scottsdale Road, Scottsdale, AZ

**Sunday, November 5, 2017**

8:30 - 8:55 am	Registration
9:00 - 9:45 am	Welcome/Keynote Speaker
9:55 - 10:50 am	Session 1
11:00 - 11:55 am	Session 2
Noon -1:00 pm	Spa Cuisine Luncheon*

Lucia Schnitzer of *Luci's* & Fabulous Raffles

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\*Dietary Laws Observed



## **Keynote: Dr. Livia Spitz Steingart, Psy.D., M.B.A.**

### *Life From A - Z Your Guide to Creating a Better You*

#### **9:00 am—9:45 am Life from A—Z**

is a great “reset” mechanism for anyone feeling the need for a fresh start. Whether your children are starting high school or are off to college or you are retiring from your profession or in your retirement years, author Livia Steingart will offer you skills to begin anew. Following the alphabet, she will share unique and concrete ideas to create a positive **A**ttitude to maintaining a **Z**eal for Life.

### *Advance Your Mind*

#### **SESSION 1 - 9:55 – 10:50 a.m.**

**A. WonderWomen — Strong Jewish Women Across the Ages.** Discover the amazing courage, motivation and tenacity of women from Jewish history ( our ancient past and recent past) who serve as role models for us today. **Risa Brumer**

**B. Feeding Your Body– Feeding Your Brain** - Explore how we need the right foods in our body for sustenance, optimizing our health and well being. But what about the Brain? It needs to be “fed” as well. Research shows that we can increase chances of maintaining brain focus, cognitive abilities, mood and memory if certain foods are part of our daily eating regimen and certain foods are eliminated.

**Christi Christiaens, CCN, CMTA, FDN, CPT**

**C. Building a Positive Identity in Your Children and Grandchildren.** Given the competing culture of secular society and the emphasis on technology, how do we foster a love of Judaism and Israel within our children and grandchildren. What are ways to make our homes more assertively Jewish in order to reinforce a sense of Jewish identity, practice and pride? **Andre Ivory**

**D. An Anniversary Year for Israel, The Best of Times and the Worst of Times.** Between August and November of 2017, we remember 120 years since the First Zionist Congress, 100 years since the Balfour Declaration and 70 years since the UN Partition Plan calling for a Jewish State in British Mandatory Palestine. As Israel nears the 70th anniversary of her re-creation, Israel is a good place in a bad neighborhood and knows the best and the worst of times. Examine the issues which impact us all.

**Meir Jolovitz**

**E. Traveling the World Through a Jewish Lens.** Award winning journalist and photographer, **Masada Siegel** will take you on a guided tour of her travels through Jewish eyes. Her travels have opened new vistas and new found wisdom. On her journeys around the planet , she has made lifelong friends who represent new sites, sounds and cultures. Within each of these journeys lies a Jewish component. This is the perfect class for women interested in traveling, adventure, learning the tricks of the trade, having meaningful experiences and the time of your life.

**F. Cyber Security– Keeping our Kids, Families and Ourselves Safe on the Internet.**

Online threats include cyberbullying, cyber predators, oversharing of information, scams, malware or other data breaches. Parents and grandparents protect their children from all types of real world threats, so it is important to protect them online as well. **Alan Zelchick**

# Be a Woman in the Know!

## Enhance Your Well-Being

**SESSION 2 - 10:55 – 11:50 a.m.**

**A. Journey to Freedom– Sink, Swim or Fly.** At the age of eight Gelie emigrated from Moldova in the FSU to the desert Southwest. Today she is an accomplished and self-made entrepreneur. Her story reveals how to follow your dreams and your passion at any age despite overwhelming odds. **Gelie Akhenblit**

**B. An Orthodox Woman Shares The Female Side of Orthodoxy.**

An insiders view of the Orthodox world and what life/dress/ behaviors, practices and mindsets are like for different streams within Orthodox Judaism. There are many faces of Orthodoxy, including Orthodox feminists. This session will also address the stereotypes. **Karolyn Benger**

**C. Communicating With Our Teens in a Tumultuous World– for Parents and Grandparents of Bar/Bat Mitzvah age Through High School.** We often hear, “My parents/grandparents don’t understand a word I’m saying”. As parents or grandparents, we ask ourselves, “Why doesn’t my teen listen to me?” This workshop will help remove the roadblocks hindering two way communication skills by offering effective communication tools and strategies. **Linda Levin**

**D. The Woman in Gold.** The painting, *Woman in Gold*, by Gustav Klimt and the film by the same name, starring Helen Mirren, exemplify the ongoing legal battles over art treasures stolen by the Germans from Europe’s Jews during the Holocaust. Learn of the efforts and challenges to recover and return these treasures to their rightful heirs. **The Honorable Wendy Morton**

**E. Seven Foods that Can Change Your Life.** Salmon, flax seeds, walnuts, Greek yogurt, cranberry, kale and tomatoes can promote bone, breast and heart health and even weight loss. Food is also medicine. Eating healthy can change just about every area of your life for the better. With these seven foods and other healthy choices, your mind will be clearer, your body lighter and your well-being enhanced.

**Lucia Schnitzer, co-owner of Luci’s Healthy Marketplace and Luci’s, Pomelo’s and Splurge at The Orchard in Phoenix**

**Noon — 1:00 pm - Spa Cuisine Luncheon Catered by Milk and Honey**

**Presentation by Lucia Schnitzer and Fabulous Raffles**



**Jewish Federation®**  
OF GREATER PHOENIX

# Registration Form

## *"On the Cutting Edge . . . Today's Jewish Woman"*



Sessions, Materials & Luncheon All Inclusive: **\$48.00\***

Full-time college student with photo ID: **\$15.00**

Teachers in Local Jewish Schools **\$30.00**

Registration at the door: **\$52.00**. No Refunds.

**Early Bird Discount: \$43.**

To qualify for the Early Bird Discount, the Registration Fee must be received by October 2, 2017.

**YOUR \$48.00\* HELPS SUPPORT EACH ORGANIZATION. \*** Not tax deductible.

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_



### *Let's make it a full table!*

Bring your friends to this luncheon and be a table host. If you fill a table of 8 or 9 women, your name will be displayed on the table AND you will receive a strip of FREE raffle tickets! **Consider sharing the love with a co-host and you can share the raffle tickets!**

Host, please indicate your name \_\_\_\_\_ and list the names of your table mates:

Indicate 1<sup>st</sup> & 2<sup>nd</sup> choice topics for each session.

Sessions fill as responses are received. Seating is limited.

Session 1: 9:55 – 10:50 a.m. \_\_\_\_\_ 1<sup>st</sup> Choice \_\_\_\_\_ 2<sup>nd</sup> Choice

Session 2: 11:00 – 11:55 a.m. \_\_\_\_\_ 1<sup>st</sup> Choice \_\_\_\_\_ 2<sup>nd</sup> Choice

Register by mail: By phone: 480-634-8050 or By fax: 480-634-8051

or Online [www.bjephoenix.org](http://www.bjephoenix.org) Please mail check to:

Bureau of Jewish Education Women's Symposium

12701 N. Scottsdale Road, Ste. 206 Scottsdale, AZ 85254

Info: [jewished@bjephoenix.org](mailto:jewished@bjephoenix.org) or 480.634.8050



Check enclosed payable to the Bureau of Jewish Education

OR Credit Card

Visa  Mastercard Card # \_\_\_\_\_

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**No Solicitations.**