

*Learn with Rabbi Colin...*

## What does Judaism say about Health, Illness, Wellness and End-of-Life?

What is health?  
Are health and fitness Jewish values?

Join us as we study what Judaism tells us about being well. We will discuss Jewish attitudes toward exercise, medications and surgeries, health care providers, prayer and health. We will discuss Jewish perspectives about frailty, terminal illness and end-of-life. Rabbi Colin will be joined by several health professionals who are members of the congregation as we study this content.



Thursdays at  
7:30 p.m.

January 10

January 24

January 31

February 21

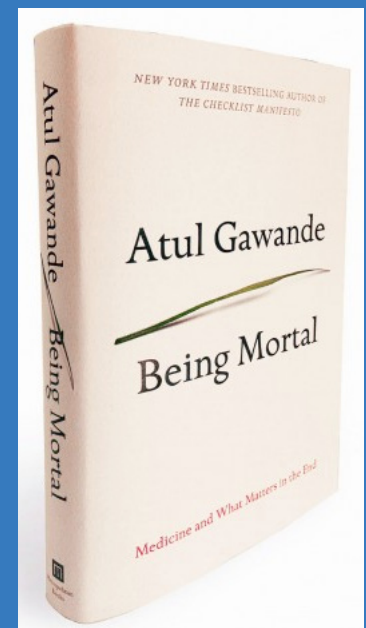
February 28

March 14

March 28

April 11

Suggested reading  
for this class.



For questions or more information, please contact the office at 203-268-6940  
or [office@bnaitorahct.org](mailto:office@bnaitorahct.org)

Please RSVP to let us know if you will be joining us!