J Associates Mission

The J Associates, a women's auxiliary, supports the St. Louis Jewish Community Center by promoting public awareness and fundraising through activities that foster camaraderie, develop leadership and inspire Jewish values.

the j Associates

Jewish Community Center
2 Millstone Campus Drive
St. Louis, MO 63146

the j

Jewish Federation of St. Louis

Proud member of United Way of Greater St. Louis

THE STAENBERG GROUP BEYOND DEVELOPMENT

STAENBERG FAMILY FOUNDATION

J Associates Presents

Small Changes... Big Rewards

Winter Programming Event
January 25, 2022

the j Associates

Please join us for our Virtual Programming Event!

An engaging and enlightening morning with…

Michelle Rubin, MA
Psychotherapist, Meditation & Mindfulness Guide
and
Juli Berwald, PhD
Author and Ocean Scientist

Michelle will discuss small changes to greatly improve self-care, reduce stress, and make a big difference in our daily lives. She will also lead us in a brief meditation.

Juli, author of *Spineless,* has written for *The New York Times, National Geographic, Nature,* and *Slate.* She will use science of the ocean as a muse and metaphor for the way small changes can have outsized impacts.

Discover ways you can impact your mind, body, and the world around us

Tuesday, January 25, 2022
10:30am - 11:45am
Virtual Event

No cost to attend
jccstl.com/smallchanges

RSVP required by January 19
Event link will be sent Friday before event

Questions: Beth Box, 314.442.3109, bbox@jccstl.org

Co-Chairs: Amy Garland & Kim Goldenberg
VP of Programming: Laurie Berwald
President: Debbie Lefton

All participants will have the opportunity to win an attendance prize!

J Associates Programming Event, Tuesday, January 25, 2022
RSVP requested by January 19.

Event is complimentary.
Email is required to receive a link for the program.

Please return to:
J Associates, 2 Millstone Campus Drive, St. Louis, MO 63146

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email _____

I'm inviting some friends! They are:

Name _____
Email _____ Phone _____

Name _____
Email _____ Phone _____

Name _____
Email _____ Phone _____

☐ I would like to become a J Associates Member for $18.

You do not have to attend the event to become a member.
We will reach out to you with more information.

Online reservations: ***jccstl.com/smallchanges***