

WELLBEING STARTS FROM THE INSIDE

WE ALL PRODUCE UP TO 75,000 THOUGHTS A DAY.

DEPENDING ON WHAT THOUGHTS WE PICK UP THEY CAN INSPIRE US, SCARE US, MAKE US FEEL HAPPY OR SAD.

BUT DO OUR EMOTIONS SHAPE HOW WE FEEL ABOUT WHAT IS HAPPENING IN OUR LIVES OR IS IT WHAT IS HAPPENING IN OUR LIVES WHICH SHAPE OUR EMOTIONS?

THE PRINCIPLES OF INNATE HEALTH BELIEVE IT IS THE FORMER AND IN A WORKSHOP LED BY DR AARON TURNER FOR THE JEWISH COMMUNITY CENTRE FOR LONDON AND TIKUN, YOU CAN FIND OUT HOW YOU CAN USE THESE PRINCIPLES TO GIVE YOURSELF GREATER CLARITY – AND AS A RESULT WELL-BEING WHEN YOU APPROACH RELATIONSHIPS, WORK, PARENTING AND ALSO RELIGION.

RABBI SHAUL ROSENBLATT WILL EXPLAIN HOW THIS APPROACH FITS IN WITH JEWISH THINKING AND VALUES. RABBI SHAUL WROTE THE BOOK ‘FINDING LIGHT IN THE DARKNESS’ WHICH DEALT WITH THE ISSUE OF FACING HARDSHIP IN A POSITIVE WAY.

DATE: THURSDAY JANUARY 27

TIME: 8PM-10PM

VENUE: TIKUN CENTRE, 1117 FINCHLEY ROAD, LONDON NW11 0QB

PRICE : £10

TO BOOK: ONLINE AT JCCLONDON.ORG.UK OR CALL THE JCC ON 020 7431 9866

FOR PRESS INFORMATION CONTACT EMMA SHRIMSLEY ON 07961 368481 OR EMAIL EMMA@SHRIMSLEY.COM

NOTE TO EDITORS

THE JEWISH COMMUNITY CENTRE FOR LONDON

THE JCC FOR LONDON AIMS TO PROVIDE JEWS WITH A LASTING SENSE OF COMMUNITY AND TO PROMOTE THE BEST OF JEWISH VALUES. IT SEEKS TO ATTRACT JEWS OF ALL AGES, PERSUASIONS AND LIFESTYLES, AS WELL AS THEIR NON-JEWISH FRIENDS AND FAMILIES, BY CREATING A WELCOMING ENVIRONMENT IN WHICH ALL FEEL AT HOME.

AT ITS CORE IS BUILDING JEWISH LIFE, THROUGH CULTURAL, SOCIAL, EDUCATIONAL, AND RECREATIONAL JEWISH ACTIVITIES. SOCIAL ACTION IS ALSO CENTRAL TO THE JCC MOVEMENT – HELPING THOSE IN NEED BOTH WITHIN AND OUTSIDE THE JEWISH COMMUNITY.