

## Hadassah Health Night 2010

Ask the Doctor

Thursday February 25, 7 PM, Temple Israel  
Free and open to everyone.

Come and meet our experts - and ask all those questions you've been wondering about.  
No personal medical recommendations can be made, but lots of info will be shared.

Dr. Jeff Ditesheim, Plastic and Cosmetic Surgery  
Dr. David Framm, Cardiology  
David B. Schulman, Dermatology  
Dr. Phil Solomon, Ob/Gyn

For more information contact Heidi Rotberg 704-365-3859, or hrotberg@aol.com.



Clockwise from top left:  
Dr. Jeffrey Ditesheim;  
Dr. David Schulman;  
Dr. David Framm;  
Dr. Phil Solomon



### Hadassah Lake Norman Chapter will host our first-ever Square Dance, Saturday, February 6, 7-10 PM

Admission is \$15 per person, or \$30 per couple. The event will be held at the War Memorial Building, 221 Sherrill Street, Mooresville, NC.

Cost includes refreshments and dancing to the tune of a professional square dance caller. Funds raised will benefit the new 15-story Hadassah Wetsman Tower. RSVP or for more information, contact our chapter at: rita@vegan101.com. Mosey on over and Do-Si-Do!



## Levine-Sklut Judaic Library and Resource Center



### Ten Secrets to a Stress-Free Home

#### Workshop for Parents Sunday, February 14, 1-3 PM Gorelick Hall

- \* Create a calm home—eliminate yelling and arguing.
- \* Create stress-free mornings and homework time.
- \* Improve focus, attention and behavior in school.
- \* Reduce anxiety and sensory issues.
- \* Eliminate defiance and disrespect.

Join us on for a humorous, practical workshop with nationally-recognized expert Kirk Martin, who has trained over 75,000 par-

ents and teachers. Helpful in reducing anxiety and stress in all families, especially those with intense children.

There is no need to register. Just bring friends and neighbors — we'll have a great time, have several "ah-hah" moments and leave with a dozen practical tools that will help immediately. Visit [www.CelebrateCALM.com](http://www.CelebrateCALM.com) to learn more.

The workshop is free and open to the public as part of the Levine-Sklut Judaic Library and Resource Center's annual Mini-CAJE educational workshop. For more

information please contact Tair Giudice at 704-944-6763. ☆



Kirk Martin

## We acknowledge with gratitude the following donations to the Levine-Sklut Judaic Library and Resource Center.

*These donations allow us to expand the collection of books, DVDs, CDs, videos, maps, posters, games and various teaching aids. The entire community benefits from these thoughtful gifts.*

#### Friends of the Levine-Sklut JLRC Fund

Robert Abramowitz and Vicki Derderian, Jill Blumenthal, Barry Bobrow and Karen Knoble, Stuart and Sarise Breidbart, Rabbi Faith and David Cantor, Suly and Richard Chenkin, Joel and Betty Cohen, Wendy Cohen, Jeff and Adriana Epstein, Joe and Sandy Freiberg, Burton Gellman, Tammy and Kenneth Golder, Doris Goldsmith, Katherine Goldstein, Russell and Julia Greenfield, Stanley Greenspon, Philip and Barbara Guller, Ruth Hannes, Jeffrey Huberman, Robert and Nancy Kipnis, Carol and Jeff Klein, Paula and Richard Klein, Penny Krieger, Mark and Alison Lerner, Betty Levin, Ellis Levinson, Sam and Linda Levy,

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Weinrib, Samuel and Ellen Waldman, Cheryl Walker, Anne and Robert Yudell.

Joel and Helen Josephs Hanukkah Greetings to Julius and Mae Goldman.

Albert J. Jacobson in honor of Karen Zander Spiegler ☆



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