



# Learning To Love Yourself: The Magic of Self-Esteem

TO LIFE, a nonprofit educational organization, is bringing internationally recognized authority on self-concept enhancement, Rabbi Dov Elkins, to Charlotte to conduct a lecture and seminar on "Learning To Love Yourself: The Magic Of Self-Esteem." The evening lecture will take place at 7:30 p.m. on Nov. 14, and will be followed on Nov. 15, with a seminar from 9 a.m. - 4 p.m.

Rabbi Elkins is the author of over 100 articles and 17 books, including *Teaching People To Love Themselves*. His seminar is for professionals and interested individuals seeking to find ways in which to positively effect the self-esteem of others. The program will focus on assisting people in accepting and exploring the positive aspects of their total selves. Rabbi Elkins will also work with the participants to discover ways to improve in-

terpersonal relationships and feel better about themselves.

The cost for the evening lecture is \$6. The cost of the seminar is \$40. A lunch is included in the price of the seminar. Both events will be held at Myers Park Baptist Church, 1931 Selwyn Avenue. For more information or to register, individuals should contact TO LIFE, P.O. Box 9354, Charlotte, NC 28299, or call (704) 332-5433.



Rabbi Dov Peretz Elkins

## Coming Up...

Separation And Divorce: Breaking Free To A New Life - November 1984

Teen Suicide Awareness - Ongoing

Good Grief Bereavement Support Group - Every Two Months

Celebration TO LIFE - The Annual Conference - March 1985

For more information or to register, call 332-LIFE.

## Good Grief Bereavement Support Group

You don't have to grieve alone. TO LIFE's new bereavement support group can help you:

- Decrease your emotional pain (sadness, depression, anxiety, hopelessness, etc.)
- Recognize, express and accept your feelings (anger, guilt, sadness, relief, etc.)
- Understand the grief process
- Recognize normal manifestations of grief
- Develop healthy coping behaviors
- Develop a realistic memory of the deceased - remembering the life shared, not primarily the death
- Develop a support system - within and outside the group
- Reinvest yourself in life

To register or for more information, call 332-LIFE.



## El Al Covers Israel's Skies



El Al Israel Airlines is now sponsoring a traffic helicopter in order to provide up-to-date information on traffic conditions in the center of Israel. The El Al traffic report can be heard on Israel's radio stations during both morning and afternoon rush hour traffic periods. The new El Al service is also designed to help alleviate the problem of traffic accidents and the pilot is able to report to the police on emergency situations and disabled vehicles on Israel's highways.

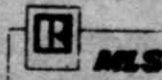
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