

# EATING FOR HEALTH & PLANET

Saturday, October 24

7:30 – 9:00 pm

Havdallah & Discussion

Learn what parsha Noach has to say about helping the planet and our personal health

Guest speakers:

Lisa Apfelberg, Director of Shamayim, Jewish Animal Advocacy

Aaron Guttman, Director Trainsmartfit, Health & Fitness Coach

Neil Smith, will share his journey back to healthy eating

Hosted by Rabbi Debra Smith

Zoom meeting #768 907 4454      Password - DMSNAS77

RSVP to [Hineni77@gmail.com](mailto:Hineni77@gmail.com) by October 21