

THE ORTHODOX UNION IS PROUD TO PRESENT...



The **SPiRiT** Initiative

**STIMULATING PROGRAM INITIATIVE
FOR RETIREES THAT INSPIRES THOUGHT**

**A PRE-PESACH VIRTUAL PROGRAM
ZOOM:**

<https://uojca.zoom.us/j/403045384>

**TUESDAYS & THURSDAY
3:30 PM**

THURSDAY, MARCH 26

DR. NORMAN BLUMENTHAL, OHEL's Director and Zachter Family Chair in Trauma and Crisis Response and OHEL Miriam Center for Trauma, Bereavement and Crisis Response

HARRIET BLANK, LCSW, Director of Geriatric Services
OHEL CHILDRENS HOME & FAMILY SERVICES

**KAVOD (Honor) -KAVED (Heavy)--COVID:
How to answer the call to honor our older parents
during this difficult time.**

TUESDAY, MARCH 31

SANDI LEV, NASM, CPT and CES (Certified Personal Trainer and Corrective Exercise Specialist
LET'S GET MOVING!!!

THURSDAY, APRIL 2

DITZA BERGER, PhD, Lander College for Women,
Private Practice, Cedarhurst, NY
COPING TOOLS FOR AN UNFOLDING CRISIS