

A women's-only program offered by Sisterhood

# Calming the Storm

Dealing with stress during difficult times

Wednesday, November 15 | 8pm

Highland Park Conservative Temple – Congregation Anshe Emeth



**Dr. Rachel Modiano**  
psychologist



**Lisa Noss**  
chronic pain recovery coach

Events in the Middle East have strained us all. We find ourselves anxious, distracted, and exhausted. Eventually, our bodies can start “talking” to us as emotional stress leads to physical symptoms.

There are ways to cope with these feelings and their impact on our bodies. In this women's-only session, we offer a safe space to come together, listen to, and support one another. We will share mind-body tools to help you feel more equipped to handle challenging emotional situations.

**Make sure to wear comfortable clothing for this interactive class.**

**RSVP:** Email [lisa@lisanosscoaching.com](mailto:lisa@lisanosscoaching.com) by November 15 at noon



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