

Vegan

CARP

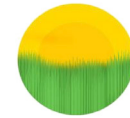


L Café

The Synagogue Vegan Challenge



A Program of
The Shomayim V'aretz Institute
in partnership with VegFund



SHOMAYIM
V'ARETZ
INSTITUTE

מכון
שמאים
וארץ

HEALTH IS EASY

with Guest Speaker Mel Jones

Sunday, March 31st at 10:30 am

Mel Jones is a father, speaker, author, fitness coach, vegan specialist, founder of the motivation company Grip Work, and co-owner of the vegan restaurant Jikoni Cafe. He will speak on the different foods and diet ideologies from best to worst while also giving exercise strategies based on desired results, interests, or physical challenges.



FREE EVENT

Join us and try some new delicious food with a vegan breakfast catered by Jikoni Cafe!

RSVP by March 25 to
reservations@ohefsholom.org
for a chance to win a gift card!



Ohef Sholom
T E M P L E