



# Northern Seaboard Region of Hadassah Winter Regional Meeting

**Sunday, February 7, 2010  
9:00 a.m. to 3:00 p.m.**

**Turf Valley Resort and Spa  
2700 Turf Valley Road  
Ellicott City, Maryland 21042**

## **Please join us for breakfast and lunch and to hear the following speakers:**

- *Shoshana Cardin* is a Co-founder and Chair of the first Independent Jewish High School in Baltimore and founder of Achari – The Shoshana A. Cardin Leadership Development Institute. She has been active in women's and human rights as chair of the Maryland Commission for Women and as the first female chair of many Jewish organizations, such as the National Council of Soviet Jewry, United Israel Appeal, and CLAL. She is an avid supporter of Israel and a life member of Hadassah. Her books will be available for purchase.
- *Claire Simmons* is a Melton Program Master Lecturer, was one of the founding teachers of the Upper School of the Charles E. Smith Jewish Day School and chaired the Jewish History Department. She established the Hebrew Language Department at American University, and has written and lectured widely on Jewish Civilization, American Jewish Memory, and the Holocaust. She currently leads Jewish study tours of countries in Europe, Asia and North Africa.
- *Samantha Abrams Gilmore*, Founder of All Over Wellness, a Certified Holistic Health and Nutrition Counselor, Certified Personal Trainer and Wellness Coach, will speak to us about sugar addiction. In her private practice, she provides health and nutrition counseling to clients to facilitate a healthful life style.

### Registration Form

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

\_\_\_\_\_ \$40 – I am a current member of the \_\_\_\_\_ Chapter and have attended a region meeting in the past.

\_\_\_\_\_ \$36 – I am a current member of the \_\_\_\_\_ Chapter and have never attended a region meeting.

Choose one lunch entrée:  Herb Crusted Baked Salmon OR  4 Cheese Manicotti w/Basil Marinara

I \_\_\_\_\_ give/\_\_\_\_\_ do not give my permission for any photograph of me taken at this event to be used in any Hadassah media, including newsletters, bulletins and websites.

Must be returned by **January 15, 2010**, along with check payable to Northern Seaboard Region Hadassah, to

Sarah Elpern : 3911 Laro Court, Fairfax, VA 22031

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