



JEWISH HEALING CENTER OF LOS ANGELES

Every Breath

Friends,

It's our pleasure to bring you the May 2015 edition of "Every Breath," the monthly newsletter from the Jewish Healing Center of Los Angeles.

"Every Breath" is an opportunity to share moments of meaning, through news, personal stories, the arts, and other media that can inspire our healing as individuals, and as a community. We hope you will enjoy learning, laughing, crying, wondering, and celebrating these moments with us each month.

We encourage you to also like us on [Facebook](#) and follow us on [Twitter](#) for more opportunities to connect.

B'Shalom,

Rabbi Carla Howard and the JHCLA Team

HEALING ON HOLIDAYS

Shavuot 5775: The Fruit of Creation

By Rabbi Carla Howard



Shavuot begins at sundown on Saturday, May 23rd, 2015

HEALING THE MIND, BODY, AND SPIRIT

Avoiding Negative Self-Talk: Why the Phrase 'F*ck Cancer' Is No Longer in My Vocabulary

From The Huffington Post



HEALING THE MIND, BODY, AND SPIRIT

An Upbeat Emotion That's Surprisingly Good for You

From The New York Times



HEALING, HEALTHCARE, AND HOSPICE

[We Should Think Twice About 'Death with Dignity'](#)

From the Los Angeles Times



HEALING TOGETHER. UPCOMING EVENTS



Our guest speaker this month will be Feldenkrais Trainer

Ynez Anthony

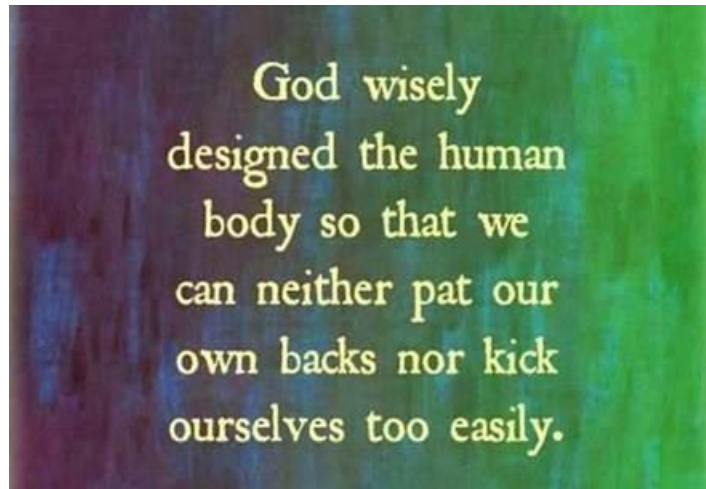
Monday, April 27th * 7:30pm Healing Meditation * 8:00pm Guest Speaker

Temple Beth Am, 1039 La Cienega Boulevard, Los Angeles

Participants should dress for movement and bring a mat or a towel. All ages and physical abilities are welcome.

This event is free of charge



HEALING EVERYDAY





CONTACT US



 For medical case management and patient advocacy 

 For spiritual counseling and direction 



 When hospice care is needed 

 For a better understanding of hospice and when it is appropriate 

 For caregiver and patient support during long-term illness 

 For crisis intervention 

 For bereavement counseling 

 For individuals, couples and families 

310.277.1550

info@jhcla.org

THANK YOU FOR YOUR CONTINUING SUPPORT OF THE JHCLA



You can also lend your support with

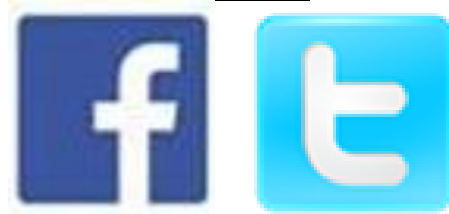


Use [this link](#) to Amazon for your everyday purchases, and the AmazonSmile Foundation will make a donation to the JHCLA.

READY TO VOLUNTEER?

Learn more about our volunteer program [HERE](#)

FOLLOW US



www.jhcla.org

