



JEWISH HEALING CENTER OF LOS ANGELES

Every Breath

Friends,

It's our pleasure to bring you the January 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.

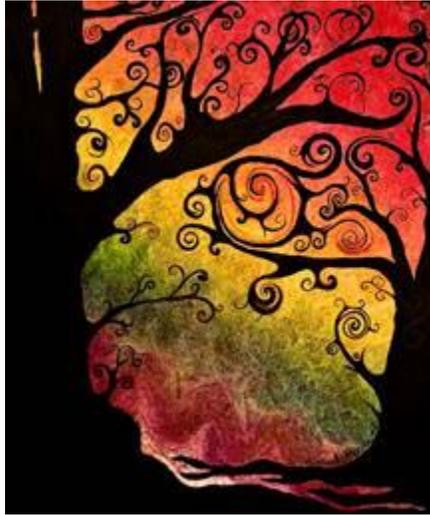
B'Shalom,

Rabbi Carla Howard and the JHCLA Team

HEALING ON HOLIDAYS

Tu B'Shvat. A Celebration of the Tree, the Body, and Life

<http://tinyurl.com/m2yyrgy>



Tu B'Shvat begins at sundown on February 3rd, 2015

HEALING THE BODY, MIND, AND SPIRIT

Four Ways Your Smartphone Is Making You Dumber

From Forbes

<http://tinyurl.com/o7ocbrh>



HEALING TOGETHER. UPCOMING EVENTS

Monday, January 26, 2015



Our topic this month is

Heart Disease in Women: What You Need to Know

with guest speaker

Dr. Puja Mehta, MD, FACC

Co-Director, Cardio-Oncology Program

Director, Non-Invasive Vascular Function Research Lab

Barbra Streisand Women's Heart Center, Cedars-Sinai Heart Institute

Temple Beth Am

1039 S La Cienega Blvd. Los Angeles, CA 90035

Our evening begins at 7:30pm with group meditation,

followed by our speaker at 8pm.

HEALING TOGETHER. UPCOMING EVENTS

Thursday, January 29, 2015

JHCLA Founder and Executive Director Rabbi Carla Howard will be a featured panelist at

**Medical Marijuana 101: Breakthroughs, Laws,
and Everything You Ever Wanted to Know**



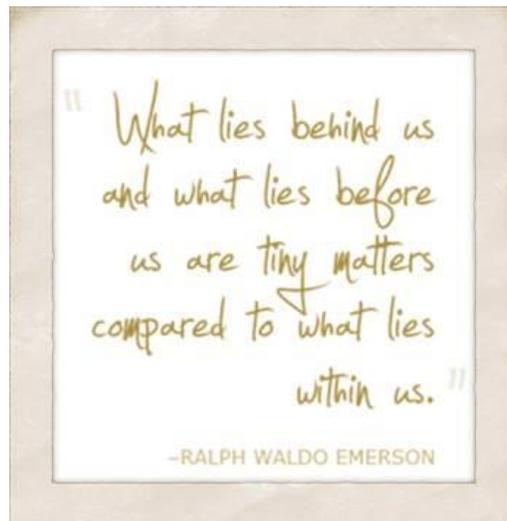
A Dine and Discuss Event from Hadassah Southern California

El Caballero Country Club, Tarzana, CA

6pm Registration * 6:30pm Dinner and Program

[Click Here for More Information and Tickets](#)

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 

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