



JFNH WOMEN'S GROUP PRESENTS

Havdallah, Yoga & Tea

Saturday, March 12, 6:30pm
JFNH office, Bedford, nh
registration required

Join us for a women's event featuring a short Havdallah service, relaxing yoga with Arielle Eckhaus Welch of Nahar Yoga, and followed by an informational tea tasting led by Rivka Schwartz of Health and Hearth.



Health and Hearth

