



Miami
Jewish Abilities Alliance



Taking Your Oxygen First:

The Obstacles and Rewards of Overcoming Stress and Creating Health for Caregivers of Children With Special Needs

A VIRTUAL PROGRAM

THURSDAY, DECEMBER 2 | 7-8:30 PM

GUEST SPEAKERS



Dr. Evelyn Leone
Founder
Institute of Conscious Health



Linda Sachs, LCSW
Community Outreach and
Parent Support Specialist
JAFCO

[CLICK HERE](#) to read about our speakers.

CLICK HERE TO RSVP

Program access information will be sent upon registration.
Advance registration is required.

For more information, please contact Nancy Zaretsky at nzaretsky@gmjf.org

To learn more about Miami Jewish Abilities Alliance, a program of the Greater Miami Jewish Federation, [CLICK HERE](#).

GREATER MIAMI JEWISH FEDERATION

- Isaac K. "Ike" Fisher, *Chair of the Board*
- Jacob Solomon, *President & CEO*
- Michelle Labgold, *Chief Planning Officer*
- Maayan Blum, *Director of Community Planning*
- Nancy Zaretsky, *Inclusion Specialist*

The vision of the Jewish Abilities Alliance (JAA) is to promote an inclusive, spirited environment that celebrates the diversity in our community and the uniqueness of every member