

ונשמרתם מאוד לנפשותיכם

Join OU Israel L'Ayla for a

zoom workout!



Tuesday, June 16, 8:00pm

A fun mix of Tai chi, Pilates, and Yoga all set to Kosher music,
combined with a touch of Torah.

Led by Fitness Trainer Danielle Sarah Storch

Register at www.ouisrael.org/workout to receive the zoom link.

For women only, Free of charge



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