**Maintaining a healthy and sound body is among the ways of G-d…**

 --*Maimonides, Mishneh Torah, Hilchot Deot 4:1*

***SAVE THE DATE***

**The B’NAI “Family Health and Fitness” Expo**

**Sunday, October 21, 2018, 9:30 am – 1:00 pm**

**The Margolis Atrium**

 ***Services Offered***

***FLU SHOTS***

***Vision and Hearing Screenings***

***Carotid Artery Screening***

***Grip Strength and Skin Screening***

***Nutrition Advice***

***Health & Fitness Advisors***

***Finger Prints***

***Interesting Vendors***

***And More***



**FEATURE BREAKFAST SPEKAER**

Our speaker, at 9:30 am will be Brian Sanderoff, a holistic pharmacist with more than 25 years of clinical experience using herbs and nutrients to help his patients achieve healing from many health challenges. He will speak on the topic of medical marijuana

**B’NAI Israel Congregation, 6301 Montrose Road, Rockville, MD 20852**

**Contact: Wayne Berman, 240-888-0843; or Bram Hass, 301-530-8064**