

# Girls Night Out



## Tamar Bezalely

### “Am I Ready for Dating?”

Tamar Bezalely is a psychotherapist at the CAPE mental health clinic. Tamar participated in shidduchim for 10 years with tens of successful trips to the chuppah. She is the proud wife and mother. Tamar’s trials to care for her eldest daughter, Ruchama Sara Miryam, have helped her evolve into a nurturing and empathetic support person who enjoys uplifting others on their life’s paths.



**Tuesday, November 21st**

**at 697 Middle Neck Rd**

**Roll Masters Dinner 7:45pm**

**Class with Tamar Bezalely 8:15pm**

**Followed by Breathing and Visualization**

**Workshop with Sharleen Ijadi**

**All attendees will be entered**

**into a raffle to win:**

- **Confidanze: 10 pack, bag and shirt**
- **VS1 blowout**
- **Assorted make up products**

Sharleen Ijadi is a health & wellness coach and motivational speaker who specializes in stress management.

Open to all MYC Girls 18+

