



Open to the entire Great Neck Community



when life feels out of

control



your mind doesn't have to

learn how to stay calm when life isn't

FEATURED SPEAKER: DR. MICHAEL PANTALON

Dean, School of Health Professions, Long Island University

WITH OPENING REMARKS BY: CALLE PANAKOS

Coordinator of Education and Training for Nassau County

WEDNESDAY, FEBRUARY 4

Doors open: 7:30 PM

Program begins: 8:00 PM



Mashadi Jewish Center
54 Steamboat Road . Great Neck

Refreshments
will be served

Presented by Legislator Mazi Pilip & the UMJCA Sisterhood