

Opportunity for Tikkun Olam Camp Alumni

Dear Tikkun Olam Camp Alumni,

We need your help! We are looking for a few past participants to help us run an activity for the first day of this summer's Tikkun Olam Camp as well as talk to the campers about your experience and give them advice about how to make the most of the week. Please help us set the camp off to a great start!

Monday, June 22

11 a.m. - 1 p.m.

NTC Promenade in Point Loma

If you're interested in attending, please respond by e-mail to [Marissa Garfield](#) or call 858.279.2740 to learn more. We hope you're able to participate!

Mothers and daughters: Come hear about the work of the Jewish Women's Foundation in the community and learn about body image issues affecting women and teenage girls.

Thursday, June 18

6 - 7 p.m. - private shopping with 15% discount

7 - 9 p.m. - program with panel discussion

lululemon athletica in La Jolla

Healthy food and drinks provided during the evening from [Whole Foods](#).

To attend event or for more information, please e-mail [Barbara Marcus](#) or call at 858.279.2740.

Phyllis Epstein and Orit Ostrowiak, Membership Co-Chairs

Event Advisory Committee: Julie Bronstein, Jessica Effress, Jennifer Levitt, Jane Scher and Amy Spielman

Panel of Presenters

Karly Randolph Pitman, Founder of [firstourselves.com](#)

Firstourselves.com empowers women to create emotionally, spiritually, and physically nourishing lives through the transformative power of self-care. Founded in 2006 by writer, speaker, and mother of four, Karly Randolph Pitman, First Ourselves has welcomed over a million women from all over the world. Karly is the author of *Heal Your Body Image* and *Overcoming Sugar Addiction*, and teaches workshops and classes on loving your body, creating a nourishing life, and healing your relationship with food. Karly's work has been featured on Yahoo, Yahoo Shine, Beliefnet, The Huffington Post, ABC and KGO, the largest talk radio station in the country, as well as on dozens of radio shows and podcasts.

A Sacred Beauty workshop is being offered by Karly for free on Friday, June 19th from 9am-1pm at

the Jewish Community Foundation's office.

Tami Walsh, President of Teen Wisdom, teenwisdom.com

Tami Walsh, M.A. is the founder of Teen Wisdom, the first life coaching company created for the empowerment of young women. Tami is a member of the National Speaker's Association, appears regularly on television and radio, and has spoken to more than 10,000 teens and parents about what is really happening in their lives. Her vision is to empower two million teen girls by 2012. In addition to coaching teens, she now trains women who want to impact girls in this powerful way!

Lisa Braun-Glazer, Ph.D.

Dr. Lisa Braun-Glazer is a licensed clinical psychologist who has specialized in working with and empowering women and girls for more than 30 years. She currently works as a senior staff psychologist at UCSD Counseling and Psychological Services, is an Assistant Clinical Professor of Psychiatry at UCSD School of Medicine, and maintains a small private practice in La Jolla. She has served on the boards of UJF, JCC, AJE, Seacrest, and Congregation Beth Israel, and served as the Chairperson of the UJF Business and Professional Women's organization. She also served as president of the Rape Emergency Action League. She is a founding member of both the San Diego Women's Foundation and the Jewish Women's Foundation of San Diego. She is the founding president of the San Diego Community Mikvah and Education Center, a new non-profit group that intends to build San Diego's first independent community mikvah. Lisa is the mother of two great young women, Julie, 26 & Anna, 22, and has been married to Dr. Jeff Glazer for 28 years.