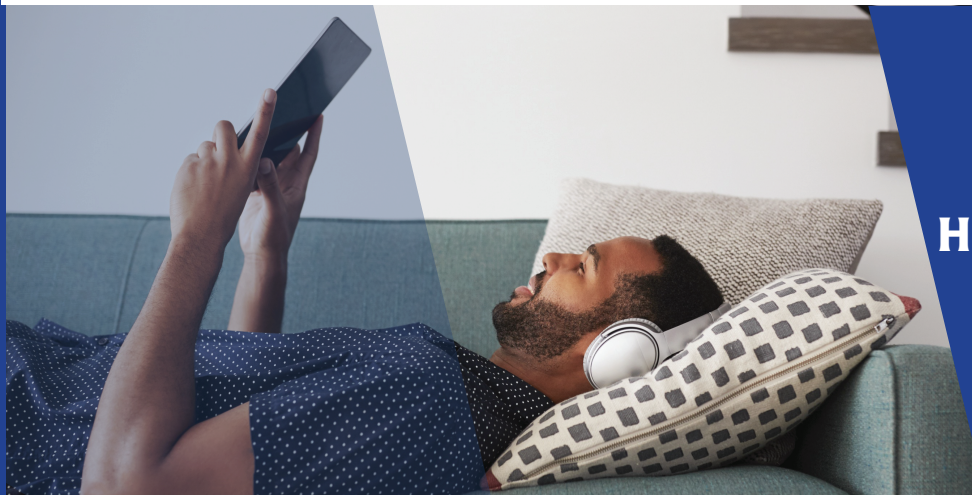


FJMC Hudson Valley, Middle Atlantic,  
New York Metro & Northern New Jersey Regions  
invite you to

*Energize Your Mind, Body & Soul  
Without Leaving Home*  
at the

# QUAD-REGION VIRTUAL RETREAT

Saturday Evening to Sunday Afternoon  
**December 12-13, 2020**



**Havdalah  
Celebrate Hanukah  
Wine on the Vine  
Hearing Men's Voices  
Leadership Training  
Beer Making  
and much more !**

**FREE REGISTRATION**

Scan QR Code



**or Visit:**

<https://tinyurl.com/quadregion>

**QUESTIONS?**

**Elliot Miller**

[elliot225@gmail.com](mailto:elliot225@gmail.com)

or

**Steven Marx**

[Steven.Marx@verizon.net](mailto:Steven.Marx@verizon.net)

**POST RETREAT:** FJMC & The Israel Innovation Fund present

**"L'Chaim with Natan Sharansky"**

**Sunday, December 13, 2020, 3pm**

Purchase a vine at Wine on the Vine to register: <https://tinyurl.com/sharanskywine>