

Morning Keynote: IRIS KRASNOW

Iris Krasnow was born and raised in Oak Park, Illinois. A graduate of Stanford University, Iris was the fashion writer for the *Dallas Times Herald*, national feature writer for *UPI* in Washington, D.C. where she wrote lifestyle stories and celebrity profiles, including Yoko Ono, Billy Graham, Ted Kennedy and Elie Wiesel. Iris authored "Surrendering To Motherhood", the *NY Times* bestseller "Surrendering To Marriage," "Surrendering To Yourself," "I Am My Mother's Daughter," and her newest book, "The Secret Lives Of Wives." She has been a guest on national radio and television programs and is a professor of journalism at American University in Washington, D.C.

Advance Your Mind

Session 1 | 9:55-10:50 a.m.

- A. **THE CAMPAIGN TO DELEGITIMIZE THE STATE OF ISRAEL**
Flotillas and the BDS (Boycott, Divestment and Sanction) movement are part of the campaign to delegitimize Israel. What is this campaign? Who is behind it and Why? What is an effective tactic for countering it?
Devin Sper
- B. **JUDAISM AND BIOETHICS**
Stem cell research, genetic testing, gene therapy, cloning - these fields of application have been raising ethical and theological questions: When does human life begin? Should human beings be allowed to interfere with natural procreation or to manipulate the genome of their own species? Is genetic engineering tantamount to 'playing G-d'? Understand Jewish thinking and Judaism's role in addressing these questions.
Professor Joel Gereboff, Ph.D.
- C. **EMERGING TECHNOLOGIES - WHAT IS AHEAD**
Our world of nanotechnology, biotechnology, robotics, information and communication technology and applied cognitive science has a ground-breaking effect on humans. Let's explore these systems and their effect on our future.
Professor Brad Allenby, Ph.D.
- D. **WOMEN OF VALOR IN MIDRASHIC LITERATURE**
Of all the women mentioned in the Tanakh, only 22 were called, in Midrashic literature, "women of valor," after the subject of Proverbs 31. How does a woman express valor? How critical is her association, by birth or marriage, with men of renown? Why were some heroic women, among them—Tamar, Devorah, Avigail, and Huldah, excluded from the list? Who are these women and why are they important to us today?
Claire Kasden, Ph.D.

E. CONNECTING IN CYBERSPACE: NAVIGATING IN A SOCIAL WORLD

Social Media (i.e. Facebook, Google+, LinkedIn, Blogs, Apps, etc.) has transcended connected teens and online games. Why should you care and how much do you really need to know about it. We will explore it's place in our world from revolutions to the banal. What you need to know even if you don't want to know it all-- a primer on navigating social networks.

Penny Ann Dolin, MA

Enhance Your Well-Being

Session 2 | 11-11:55 a.m.

- A. **JEWISH WOMEN, JEWISH FOOD AND BODY IMAGE**
Honoring and respecting our bodies is a fundamental belief in Judaism. Yet, many Jewish women may forget about this principle, especially in an environment that is saturated with cultural messages about ideal body shape and size. By understanding more about body dissatisfaction and its relationship to self-criticism, perfectionism and weight, Jewish women can begin to challenge cultural thinness norms and food-related practices that are incompatible with honoring our bodies—and our selves!
Marjorie Feinson, Ph.D.
- B. **EVERYTHING YOU WANT TO KNOW ABOUT SLEEP, BUT WERE TOO TIRED TO ASK**
Sleep-- we know what it is, but it evades many. Discuss what is "normal sleep", the causes of insomnia, and approaches to a better night's sleep.
Mark Gotfried, M.D.
- C. **UNDERSTANDING WOMANHOOD-- WHAT WOMEN BRING TO THE TABLE**
Learn what the feminine is, how it functions differently than the masculine, and how the two weave together to create the fabric of our lives. Discover what women uniquely offer society and gain insight into what women symbolize and what they inherently can teach humanity as we head further into the 21st Century.
Jennifer Brown, Ph.D.
- D. **THE CYCLES OF WOMEN'S LIVES**
Journey through early marriage and motherhood, through empty nest and mothering aging parents. Examine several important issues for women – work vs. family responsibilities; relationships with elderly parents, time for oneself, etc.
Iris Krasnow, Keynote Speaker
- E. **BLESS YOUR HEART - A HEART HEALTHY SESSION**
Learn the latest information about women's heart health from the Department of Cardiology of the MAYO CLINIC.
Physicians of the Mayo Clinic

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REGISTRATION FORM

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Indicate 1st, 2nd and 3rd topic choice for each session.
Sessions fill as responses are received. Seating is limited.

Session 1: 9:55 – 10:50 a.m.

_____ 1st choice _____ 2nd choice _____ 3rd choice

Session 2: 11:00 – 11:55 a.m.

_____ 1st choice _____ 2nd choice _____ 3rd choice

REGISTRATION IS REQUIRED BY NOVEMBER 1, 2011

For information about childcare for this event,
please contact the BJE at 480-634-8050 by November 1, 2011.

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Women's Symposium
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On the Cutting Edge... Today's Jewish Woman

Advance Your Mind - Enhance Your Well-Being

A Symposium for Women of All Ages
In the Jewish Tradition of Learning and Growing

Ina Levine Jewish Community Campus
12701 North Scottsdale Road, Scottsdale

Sunday, November 6, 2011

8:30-9:00
Registration

9:00-9:45
Welcome and Keynote Speaker

9:55-10:50
Session 1 | Advance Your Mind

11:00-11:55
Session 2 | Enhance Your Well-Being

Noon
Luncheon/Fashion Show/Raffles

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