

Join us for a BEKI Schmooze on
Wednesday, January 6 at 8pm
Judaism as a Health and Wellness Religion
a talk with
Rabbi Levi Brackman

Zoom Link: tinyurl.com/BEKIschmooze

Many of us begin the secular New Year with thoughts, plans, and resolutions about how we will “improve” ourselves in the year to come. We will eat more healthfully, exercise more, begin a mindfulness practice to help calm our minds. How many of us have turned to Judaism for guidance in these quests? For our first Schmooze of January, Rabbi Brackman will discuss how traditional Jewish practice dovetails with many practices that modern science has shown to improve wellbeing and wellness. Levi will argue that at its core Judaism is a health and wellness religion and when practiced as such adds significant personal value in terms of psychological and physical health. The talk will also present a practical framework for "Health and Wellness Judaism."



Levi Brackman has three rabbinic ordinations, a Ph.D. in psychology, and a Master's in Judaic Studies from University College London. He is also the lead author of the book "Jewish Wisdom for Business Success" which was published in eight languages and was a bestseller in more than one country. He was a congregational rabbi for more than 15 years and has also led data science at Fortune 500 companies. He is currently CEO and founder of Invown, a startup innovating in the home finance space. He lives with his wife and children in New Haven and is a proud member of BEKI.