

prossermanjcc



For more information please contact  
Monique Shapiro at 416.638.1881 ext.4012 / [moniques@prossermanjcc.com](mailto:moniques@prossermanjcc.com)  
Check out our programs at [www.prossermanjcc.com](http://www.prossermanjcc.com)

prosserman  
jewish community centre

POWERED BY  
UJA FEDERATION

  
United Way  
Toronto  
A United Way member agency

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## INTRODUCING MAZEL TOTS

A 10 week comprehensive program which provides guidance and expertise on your new parenting journey.

Join Mazel Tots and discover a variety of resources brought right to you through the Prosserman JCC.

**Featuring:** Baby and Me™ Salsa, Pilates, Yoga / Mazel Tots Israeli Dance  
Baby Massage / Art & Music / Nutrition / Storytelling  
Creating Family Tradition / Baby Sign  
Ask a Nurse , Naturopath, Sleep Coach, Paediatrician Sessions and more!

**For expectant parents and young families  
with babies (3-8 months old)**

**OCTOBER 5 - DECEMBER 7, 2010**

**Tuesdays from 10:30 am - 12:00 pm**

**Sundays October 10, November 14 and December 12**

**Members: \$160 / Non Members: \$200**

**Prosserman JCC / Sherman Campus, 4588 Bathurst St.**

## MAZEL TOTS LOOT BAG

This unique loot bag includes baby gifts, as well as resources, discounts on products for your family and a **3 month gym membership to Prosserman JCC Fitness & Health.**

**Mazel Tots is constantly working to provide expectant parents with the latest information and best resources related to parenting.**

**REGISTER NOW!**

For more information and registration please contact  
Monique at 416.638.1881 ext. 4012 / [moniques@prossermanjcc.com](mailto:moniques@prossermanjcc.com)