

Newton: Hadassah's Walk For Health Draws 60

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Jewish Journal Editor

Changing habits is the big challenge when it comes to living a healthier life. Because it takes at least 21 days for most people to form a new habit (accord-

ing to experts like Dr. Maxwell Maltz), making big changes like adjusting diet or adding exercise to your daily schedule seem to work best when you have institutional support.

That's why frameworks like Hadassah's "Every Beat Counts"

heart health program exist; to share the tools developed by others to help you succeed. Hadassah, the Women's Zionist Organization of America, says it has reached more the 10,000 women across the country since rolling out Every Beat Counts two years ago.

As part of this effort, Hadassah Northeast (based in Newton) sponsored the 4th annual family Walk for Health on September 20, where over 60 Hadassah members and friends came out, from across New England, to walk 1.7 miles around the Cleveland Circle Reservoir. The walk served two purposes; it celebrated the end of this year's Every Step Counts Walking Program, and it helped support the Hadassah Medical Organization (HMO). HMO receives severely ill or injured patients whom other hospitals turn away because they lack the expertise to heal them as it treats about a million patients a year without regard to race, religion



Jacob Waxman of North Easton, age 1½, grabbed a healthy snack after he finished the 1.7 mile Hadassah "Walk for Health" around Cleveland Circle Reservoir with his parents last week.

or nationality. HMO is the most technologically advanced medical center in the Middle East, with work including stem cell research, macular degeneration, heart health and pediatric oncology.

The Walk for Health was kicked off by the Immediate Past National President of Hadassah Nancy Falchuk, Israel's Deputy Consul General

to New England Matan Zamir, and Hadassah Southern New England President Susan Shikora. Hadassah Boston President Varda Farber closed the program and announced the winners of the Walk for Health sweepstakes, which included generous prizes from local restaurants and fitness centers.

Hadassah Northeast comprises Hadassah Boston and Hadassah Northern New England, Southern New England and the Upper Mid-Atlantic. Founded more than 100 years ago, Hadassah is an American-based volunteer organization that supports medical, educational, environmental and child rescue work in Israel, and offers its more than 300,000 members opportunity for personal growth, education, advocacy and Jewish continuity.



Lynne Satlof-Karas of Newton signaled the start of Hadassah's Walk for Health on September 20 by sounding the shofar. "It was our call to health," said Julie Newburg, executive director of Hadassah Boston.


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