

Save the Date for

LIVING WITH INTENTION 2019

# LIVING YOUR BEST LIFE

with Journalist and Author  
**JESSICA ABO**

Monday, May 20, 2019

5:30 to 8:30 p.m.

Real Art Ways | Hartford

Community dinner and program

**INVITATIONS COMING SOON**

Jessica Abo is on a mission to help people get to the root of their rut, to live life unfiltered, and remind them it's important to make a living, but it's also important to make a life. Jessica will discuss how her Jewish values have played a role in her journalism career and why she lives by the motto: affluence is not a requirement for influence.

## About Our Guest Speaker



Jessica Abo believes no matter where we are in our careers, relationships or level of activism, we are all a work in progress. Her book, *Unfiltered: How To Be As Happy As You Look On Social Media*, sold out on its first day of release in August 2018. *Women's Health* magazine named *Unfiltered* #1 on its list of self-love books. Jessica has spoken about her research and #liveunfiltered movement on *The TODAY Show*, *Access Hollywood*, ABC News, KTLA and in dozens of publications including *Forbes*, *Fast Company* and *SHAPE*. She has spoken to Facebook, Microsoft, Delta Airlines, Weight Watchers, TEDx, the United Nations and at hundreds of conferences, nonprofits, universities and schools.

In her spare time, Jessica is a passionate philanthropist and has raised more than a million dollars for several causes. She co-chaired UJA Federation of New York's Young Entertainment Division for six years, served as Jewish National Fund's Spokesperson for Professional Women Under 40 and was appointed United Synagogue Youth's first-ever Danny Siegel Changemaker in Residence. An active participant on several boards and committees, Jessica is currently involved with the Jewish Federation of Greater Los Angeles and recently became a Lion of Judah.