



EAT PLAY LOVE

PILOT PROGRAM

THE CONCEPT

The Eat Play Love (EPL) program unites women from diverse cultural and religious backgrounds across the Middle East, including Arab, Jewish Ultra-Orthodox, and Modern Orthodox communities. By promoting intercultural understanding and building lasting friendships, EPL creates a supportive and inclusive environment.

Programs are held year-round within local communities, combining cultural exchanges, physical wellness, and meaningful dialogue. This immersive approach honors each group's unique cultural and family traditions, ensuring every experience is joyful, enriching, and deeply connecting. EPL encourages personal growth as women connect, learn, and grow together.

EAT

- **Cultural Exchanges:** Sharing and appreciating diverse culinary traditions.
- **Healthy Eating:** Workshops and cooking demonstrations emphasizing nutrition.

PLAY

- **Physical Activities:** Dance, yoga, and sports to promote physical well-being.
- **Interactive Exercises:** Activities like Playback theater, singing, and powerful group exercises to enhance non-verbal communication and emotional connections.

LOVE

- **Dialogue Sessions:** Join discussions that encourage open dialogue and empathy.
- **Emotional Connection:** Experience storytelling and share personal experiences to build trust and understanding.

PARTICIPANTS & COMMUNITY ENGAGEMENT

The EPL program warmly welcomes women from various cultural and religious backgrounds across the Middle East. The program is open to all women.

Programs are scheduled throughout the year in local communities, offering activities that honor and celebrate each group's unique traditions. This immersive approach makes every experience meaningful, enriching, and strengthens connections among women from diverse backgrounds.

THE MISSION:

EPL's mission is to create an inclusive platform for women from diverse backgrounds to connect through cultural exchanges, physical activities, and dialogue sessions. We envision a harmonious society where women embrace healthy living, form lasting connections, and lead with understanding and respect.

OBJECTIVES:

- Cultivate cultural respect and understanding.
- Promote healthy lifestyles with engaging activities and nutrition education.
- Build meaningful, lasting connections.
- Empower women to inspire positive community change.
- Enhance communication skills and emotional intelligence.

Join us in this transformative journey where women come together to create vibrant spaces for genuine connections and cultural appreciation. The EPL program aims to make a lasting impact on intercultural relations, bridging gaps and fostering unity both locally and globally.