

Iranian American Jewish Federation

Health and Wellness Committee

Shabnam Kimia, Elaheh Broukhim

Cochairs

Special e-Newsletter for “All About ABEROO” Seminar



On Tuesday May 21, 2013, the Health and Wellness Committee of the Iranian American Jewish Federation hosted a three and half hour conference discussing the deeply rooted cultural concept of “Aberoo”, addressing the young and old in the Iranian Community.

This complex concept was dissected from sociological, psychological and spiritual points of view for a large crowd of around 1,300 Iranian Americans at the Temple Bet El in city of West Hollywood. The two key note speakers, Dr. Farhang Holakouee in Farsi and Dr. Parisa Leviadin in English, gave an overview of the concept and its role in the lives of our community. Dr. Saba Soomekh, Dr. Farid Holakouee and Shireen Oberman, MSW held a panel discussion where examples of the effects of “Aberoo” were examined.

The HWC continues to strive for educating and empowering the community to lead a physically, mentally, socially, spiritually and environmentally healthier life.



Maggie Soleymani
Master of Ceremony
[Opening the Event](#)

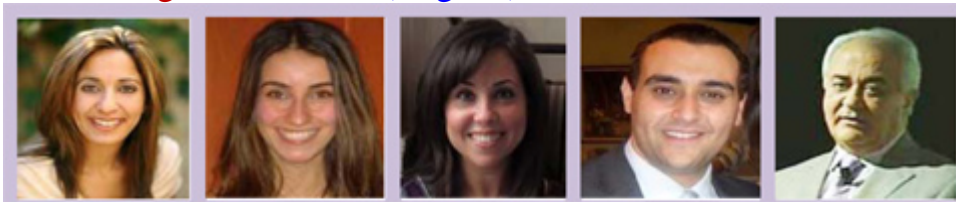


Dr. Farhang Holakouee
Key Note Speaker
[Presentation \(Farsi\)](#)



Parisa Leviadin, Psy.D
Key Note Speaker
[Presentation \(English\)](#)

Introducing the Panelists [\(English\)](#)



**Dr. Parisa
Leviadin**

**Dr. Saba
Soomekh**

**Shireen
Oberman,
LSCW**

**Dr. Farid
Holakouee**

**Dr. Farhang
Holakouee**

The Panel [\(Farsi and English\)](#)

And at the end Mrs. Elaheh Broukhim Yahid closed the event [\(Farsi\)](#)