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HEALTH & WELLNESS



**Resiliency Within**  
**Monday at 1 PM Pacific**  
**November 15th 2021: Reclamation and**  
**Reconciliation: The Lost Café Schindler**

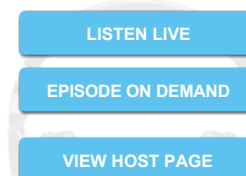
MERIEL SCHINDLER will share her journey in writing *The Lost Café Schindler* as she recounts the history of an extraordinary family. The *Lost Café Schindler* is a story of tragic loss—several of Meriel's relatives disappeared in Terezín and Auschwitz—but also one of reclamation and reconciliation. Beautifully written, it is an unforgettable portrait of an era and a testament to the pull that family history has on future generations. She will share the narrative centering around the Café Schindler, the social hub of Innsbruck. Famous for its pastries, home-distilled liquors, live entertainment, a

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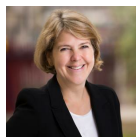
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#### Featured Guest



##### Meriel Schindler

Meriel Schindler is an employment lawyer, partner, and head of a team at Withers LLP, a law firm, and is a patron of Arvon, the writing charity. She lives in London with her husband, Jeremy, and has three adult children.

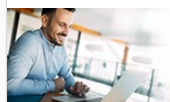
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