# **OMER PERIOD: PERMITTED ACTIVITIES**

## **Buying Clothes Allowed during Omer**

You may buy and wear new clothes during sefirat ha'omer.

## **Cutting Nails Allowed during Omer**

You may cut your nails during sefirat ha'omer.

## Saying SheHecheyanu Allowed during Omer

You may say she'hecheyanu during sefirat ha'omer.

## **Swimming Allowed during Omer**

You may swim during sefirat ha'omer.

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