



Put Your Best Brain Forward

Mind University Presents

Gray Matters

A Series of Free Workshops on Brain Health

**For presentations at JVS, please use front entrance*

- January 11, 2017 1:00pm:** **Mental Stimulation and Mind Aerobics Activities**
Angela Popoff, LMSW, Program Coordinator
JVS
29699 Southfield Rd., Southfield MI 48076
- February 8, 2017 1:00pm:** **Depression's Impact on the Brain**
Amy Stern, LMSW
Ellen Yashinsky Chute, LMSW, ACSW
Jewish Family Service
6555 W. Maple Rd, W. Bloomfield, MI 48322
- March 8, 2017 1:00pm:** **Word Retrieval and Organizational Strategies**
Beaumont Health and Brubaker Books
JVS
29699 Southfield Rd., Southfield MI 48076
- April 19, 2017 1:00pm** **Positive Attitude and Spirituality**
Rabbi Joseph Krakoff, Jewish Hospice
Jewish Family Service
6555 W. Maple Rd, W. Bloomfield, MI 48322
- May 10, 2017 1:00pm** **Safe Driving Skills as We Age**
Beaumont Driving Clinic
JVS
29699 Southfield Rd., Southfield MI 48076
- June 14, 2017 1:00pm:** **Volunteerism and Finding Purpose in Our Lives**
Emily Croitori, JFS Volunteer Coordinator
Dorothy Moon, JVS Volunteer Coordinator
Jewish Family Service
6555 W. Maple Rd., W. Bloomfield, MI 48322

**To enroll, contact Angela Popoff, Mind University Program
Coordinator, at apopoff@jfsdetroit.org or 248-592-2671**

