

# Punch Your Way to a Prize!

Now building a home gym is as easy as 3, 6, 9!



Join us for any of our **FREE** health and wellness events.  
For every three you attend, you'll get a prize\*:

**Weights**      **Digital Jump Rope**      **Yoga Mat**  
**Kettlebell**      **Blender Bottle**      **Pedometer**

Before you know it, both you and your home gym will be in fine shape!

**Jewish  
Family  
Service**  
OF METRO DETROIT

Wellness activities offered by Jewish Family Service:  
Walking groups, book club, guest lecturers, yoga,  
diabetes education, Cooking Matters classes and more.

*\*While supplies last. For more information, contact Megan Pudlik  
at 248.592.2269 or mpudlik@jfsdetroit.org*