

Sun Mon Tue Wed Thu Fri Sat



WALKING GROUP WEST BLOOMFIELD

Tuesdays @ 10am
Meet at the playground at Drake Park (Drake Road btwn Maple & 14 Mile)

1	2					
3	JFS CLOSED	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	JFS CLOSED	JFS CLOSED	23
24	25	26	27	28	29	30

SEPTEMBER PROGRAM DETAILS

PUNCH YOUR WAY TO A PRIZE!

Join us for any of our FREE events and for every three you attend, you'll get a prize:* weights, kettlebell, digital jump rope, blender bottle, yoga mat and pedometer. Before you know it, both you and your home gym will be in fine shape.
*While supplies last



LEARN ABOUT GERD

Dr. Amit Bhan, chief of Gastroenterology at Henry Ford West Bloomfield, will discuss Gastroesophageal Reflux Disease (GERD). Learn about symptoms, causes and treatment options. Q& A to follow



GUEST SPEAKER: DR. AMIT BHAN

Monday, September 11th @ 1-2pm
JFS West Bloomfield

YOGA

All levels of experience are welcome to join us for yoga with Hailey Zureich. Modifications can be made for those who are more comfortable doing yoga from a seated position. Please bring a yoga mat/towel and water.



YOGA

Mondays, 6-7pm
September 18 and 25
JFS West Bloomfield

CHAIR YOGA

For those interested in yoga but would prefer not to be on the floor, this modified class will incorporate chairs and walls to help maintain stability.



CHAIR YOGA

Mondays, 5-5:45pm
September 18 and 25
JFS West Bloomfield

BOOK CLUB

Switch: How to Change Things When Change is Hard by Chip Heath and Dan Heath poses the question, "Why is it so hard to make lasting changes in our companies, communities and in our own lives?" The primary obstacle is the conflict between our rational mind and our emotional mind and this tension can doom change effort. But if it is overcome, change can come quickly.



BOOK CLUB

Tuesday, September 19th @ 12-1pm
JFS West Bloomfield

To receive your **FREE*** copy of this book, contact Megan Pudlik at 248.592.2269 or mpudlik@jfsdetroit.org.

*A \$10 deposit is required and will be returned the day of the book club.

JEWISH FAMILY SERVICE

WEST BLOOMFIELD: 6555 West Maple Road | OAK PARK: 25900 Greenfield Road, Suite 405 | jfsdetroit.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	JFS CLOSED	JFS CLOSED	7
8	9	10	11	JFS CLOSED	JFS CLOSED	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

OCTOBER PROGRAM DETAILS

YOGA

All levels of experience are welcome to join us for yoga with Hailey Zureich. Modifications can be made for those who are more comfortable doing yoga from a seated position. Please bring a yoga mat/towel and water.



YOGA

Mondays, 6-7pm
 October 2,9,16, 23 and 30
 JFS West Bloomfield

CHAIR YOGA

For those interested in yoga but would prefer not to be on the floor, this modified class will incorporate chairs and walls to help maintain stability.



CHAIR YOGA

Mondays, 5-5:45pm
 October 9 and 23
 JFS West Bloomfield

WALK THIS WAY Exercise is easier when you do it with a friend! So grab one or make a few new ones when you join us for one of our two walking groups. We promise a comfortable pace and a fun time!



WALKING GROUP WEST BLOOMFIELD

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 Drake Road btwn Maple & 14 Mile

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**While supplies last*

