

Sun      Mon      Tue      Wed      Thu      Fri      Sat

**\*WALKING GROUPS NOTICE:** *As weather may make walking difficult, we are exploring alternate indoor locations. Before heading out to either the West Bloomfield or Oak Park meeting spot, please contact Megan Pudlik at 248.592.2269 or mpudlik@jfsdetroit.org for details.*

1	2	3				
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

PROGRAM DETAILS BY COLOR



**WALKING GROUP\***

Tuesdays @ 10am  
West Bloomfield



**WALKING GROUP\***

Fridays @ 10am  
Oak Park



**LEADER DOGS FOR THE BLIND**

Monday, December 19th @ 1pm  
Jewish Family Service  
6555 West Maple Road  
West Bloomfield



**HEALTH INSURANCE  
OPEN ENROLLMENT**

Now through January 31st  
Jewish Family Service  
6555 West Maple Road  
West Bloomfield



**HEALTH INSURANCE  
WALK-IN EVENT**

Tuesday, December 13th @ 1-4pm  
JVS  
29699 Southfield Road  
Southfield

JEWISH FAMILY SERVICE

**WEST BLOOMFIELD:** 6555 West Maple Road  
**OAK PARK:** 25900 Greenfield Road, Suite 405

[jfsdetroit.org](http://jfsdetroit.org)

# Health & Wellness Services

## PROGRAM DETAILS

**WALK THIS WAY** Need a walking partner? Put on your tennis shoes and grab a friend or make some new ones when you join us for one of our two walking groups. We promise a comfortable pace and a fun time!

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### WALKING GROUP WEST BLOOMFIELD

Tuesdays @ 10am



### WALKING GROUP OAK PARK

Fridays @ 10am



Walk with us 3 times and get a **FREE Misfit® Fitness tracker**



Присоединяйтесь к Ольге Семеновой из Jewish Family Service, которая организует в июле группу ходьбы. Встречаемся у входа в Rothsten парк, в конце автостоянки JCC по пятницам в 10 утра.

### LEARN ABOUT LEADER DOGS

How does a dog become a leader dog for the blind? How long is training? What tasks are they expected to do? Come join us as representatives from Leader Dogs for the Blind will answer all those questions and more. And yes, you will have an opportunity to engage with a puppy in training.



### LEADER DOGS FOR THE BLIND

Monday, December 19th @ 1pm

Jewish Family Service  
6555 West Maple Road  
West Bloomfield

### HEALTH INSURANCE ENROLLMENT ASSISTANCE

Do you have questions about health insurance? The certified Health Care Navigators at JFS can help you explore your options for coverage in 2017 and enroll in the option that's best for you, whether through the health care marketplace (Obamacare) or Medicaid. Open enrollment runs now through January 31, 2017.

For more information or to schedule an appointment, contact us at 248.592.2300 or [resourcecenter@jfsdetroit.org](mailto:resourcecenter@jfsdetroit.org).



### HEALTH INSURANCE OPEN ENROLLMENT

Now through January 31st

Jewish Family Service  
6555 West Maple Road  
West Bloomfield



### HEALTH INSURANCE WALK-IN EVENT

Tuesday, December 13th @ 1-4pm

JVS: 29699 Southfield Road  
Southfield

### COOKING MATTERS FOR ADULTS

Cooking Matters is a FREE 6-week interactive cooking class focusing on making nutritious choices on a budget. You'll learn some basic cooking skills and have the opportunity to make a dish to sample each week. Plus, you'll take home the ingredients to each weekly recipe.



**All participants will receive:**

- FREE groceries each week (\$200 value)
- FREE kitchen gadgets



### \*\*BACK BY POPULAR DEMAND\*\* COOKING MATTERS

Wednesdays 6-8pm  
January 11th - February 15th, 2017

Jewish Family Service  
6555 West Maple Road  
West Bloomfield

**For more information or to register:**

Contact Megan Pudlik  
248.592.2269 or [mpudlik@jfsdetroit.org](mailto:mpudlik@jfsdetroit.org).  
*Space is limited and spots fill up fast*



All programs are free and open to the public