

Health & Wellness Services AUGUST 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	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

Fridays @ 10am
Oak Park



WALKING GROUP

Tuesdays: 2nd/16th/30th @ 10am
Tuesdays: 9th/23th @ 6pm
West Bloomfield



GUEST SPEAKER PREVENTIVE CARE: Staying healthy as we age

Wednesday, August 31st @ 5pm
Jewish Family Service
25900 Greenfield Road, Oak Park
(Crown Pointe building, suite 405)



GUEST SPEAKER BREATHING EASY: Simple ways to reduce stress

Wednesday, August 10th @ 1:30pm
Jewish Community Center
6600 West Maple Road
West Bloomfield
Friday, August 19th @ 1:30pm
Hechtman Apartments
6700 West Maple Road
West Bloomfield



GUEST SPEAKER OSTEOPOROSIS: Discover the latest in prevention & treatment

Monday, August 8th @ 12pm
Jewish Family Service
6555 West Maple Road
West Bloomfield

JEWISH FAMILY SERVICE

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

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 new walking groups. We promise a comfortable pace and a fun time!



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



WALKING GROUP WEST BLOOMFIELD

Tuesdays: 2nd/16th/30th @ 10am
Tuesdays: 9th/23th @ 6pm
*Meet at the playground at Drake Park
Drake Road btwn Maple & 14 Mile*



WALKING GROUP OAK PARK

Fridays @ 10am
*Meet in the parking lot of the
Jewish Community Center
15110 W. 10 Mile Road, Oak Park*

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.

BREATHING EASY: Simple ways to reduce stress

Join us for this free interactive lecture where you'll learn a variety of stress reduction techniques, including breathing exercises, mindfulness, and meditation.

Speaker: Olga Semenova, Master of Public Health and Health and Wellness Coordinator at Jewish Family Service.

OSTEOPOROSIS:

Discover the latest in prevention and treatment

Aging is inevitable, but osteoporosis doesn't have to be. Learn to recognize the signs and symptoms. We'll cover how to reduce your risk of developing this condition, as well as the latest advances in treatment options.

Speaker: Dr. Shiri Levy is Service Chief of Endocrinology at Henry Ford West Bloomfield Hospital and has been recognized as a "Top Doc" by *HOUR* Detroit. She specializes in disorders of the thyroid and pituitary and adrenal glands, as well as osteoporosis and diabetes mellitus.

PREVENTIVE CARE: Staying healthy as we age

Most of us have some kind of medical issue that can cause worry or raise questions. And we all want to be as healthy as we can, especially as we age. Come learn what steps you can take to prevent the onset of common ailments.

Speaker: Dr. Quratulanne Jan is a board certified Family Medicine doctor at Henry Ford Hospital whose areas of practice include preventive medicine, integrative medicine, pediatrics, adolescent health, men's and women's health, and geriatrics.



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