

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4 JFS CLOSED	5	6	7	1/8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

JULY PROGRAM DETAILS

**EXPLORING SLEEP DISORDERS**

Dr. Kenneth Moss of Henry Ford West Bloomfield is a sleep medicine physician whose scope of practice includes insomnia, sleep apnea and sleep pharmacology. He'll be discussing the different types of sleep disorders as well as how to treat them.



**GUEST SPEAKER: DR. KENNETH MOSS**

Monday, July 17<sup>th</sup> @ 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  
July 3, 10, 17, 24, 31  
JFS West Bloomfield  
Attend 3 classes and get a FREE Misfit®

*Participation is free, but space is limited. Please RSVP to Megan Pudlik*

**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, 5:15-6pm  
July 10 and 17  
JFS West Bloomfield

**NEW CLASS!**

**THE GEOGRAPHY OF BLISS**

Part travel guide, part self-help book, author Eric Weiner's *The Geography of Bliss: One Grump's Search for the Happiest Places in the World*, explores the world in search of the most contented people. From Iceland and Bhutan to Switzerland and Moldova, Weiner shows readers that there is wisdom to be found in the least likely of places. Join us for a discussion led by Olga Semenova, MPH.

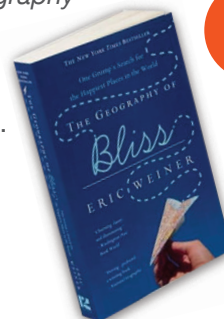


**BOOK CLUB**

Tuesday, July 25<sup>th</sup> @ 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.



**WALK THIS WAY**



**WALKING GROUP WEST BLOOMFIELD**  
Tuesdays @ 10am



**WALKING GROUP OAK PARK**  
Fridays @ 10am

THE D. DAN & BETTY KAHN FOUNDATION

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