

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
22	22	23	24	25	26	27
28	29	30	31	<div style="border: 1px solid green; padding: 5px;"> <p>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.</p> </div>		

PROGRAM DETAILS BY COLOR



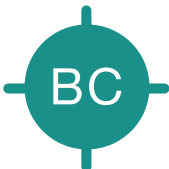
WALKING GROUP WEST BLOOMFIELD

Tuesdays @ 10am
May 2, 9, 16, 23, 30
*Meet at the playground at Drake Park
Drake Road between Maple and 14 Mile Road*



WALKING GROUP OAK PARK

Fridays @ 10am
May 5, 12, 19, 26
*Meet in the parking lot of the now-closed JCC.
We'll walk in Rothstein Park.*



BOOK CLUB

Tuesday, May 2, 12-1pm
JFS, West Bloomfield



DIABETES PATH CLASS

Mondays, 9:30am - 12pm
May 1, 8, 15, 22, June 5
JFS, Oak Park



YOGA

Mondays, 6-7pm
May 1, 8, 15, 22
JFS, West Bloomfield



GUEST SPEAKER: BONNIE WEINTROB

Monday, May 8, 1-2pm
JFS, West Bloomfield

● Indicates JFS is closed

JEWISH FAMILY SERVICE

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

jfsdetroit.org

All programs are free and open to the public.

Health & Wellness Services

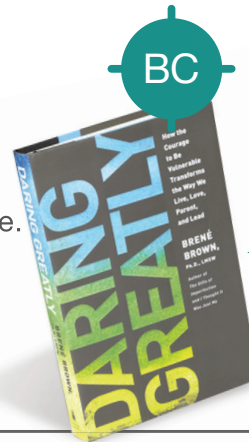
PROGRAM DETAILS

DARE TO BE VULNERABLE

Join us as we discuss *Daring Greatly: How the Courage to be Vulnerable Transforms the Way we Live, Love, Parent and Lead* by Dr. Brené Brown. This #1 *New York Times* bestseller dispels the cultural myth that vulnerability is weakness and argues that it is, in truth, our most accurate measure of courage. Discussion led by Olga Semanova, MPH

To receive your **FREE*** copy of the 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.*



BOOK CLUB

Tuesday, May 2, 12-1pm
JFS, West Bloomfield

#1 New York Times bestseller!

ARE YOU ON THE RIGHT P.A.T.H.?

Diabetes Personal Action Toward Health (DPATH) is a free program developed by Stanford University that teaches strategies for the day-to-day management of diabetes. Emphasis is placed on creating personal action plans and setting practical, achievable goals. Topics for discussion include managing symptoms and medications, working with health care providers, relaxation, healthy eating, physical activity, and communicating with family and friends. Open to adults with type 2 diabetes, their family and friends, as well as caregivers.



DIABETES PATH CLASS

Mondays, 9:30am - 12pm
May 1, 8, 22 and June 5
JFS, Oak Park

Participation is free, but a reservation is required as space is limited.

Contact Megan Pudlik at 248.592.2269 or mpudlik@jfsdetroit.org.

YOGA FOR EVERYONE. AND EVERY BODY.

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 or towel and water.



YOGA

Mondays 6-7pm
May 1, 8, 15, 22
JFS, West Bloomfield

Contact Megan Pudlik at 248.592.2269 or mpudlik@jfsdetroit.org.

WELLNESS IS A LAUGHING MATTER

Certified laughter wellness coach Bonnie Weintrob shows us how laughter can help reduce stress and pain levels through her Laughter Wellness Lite-Exercise program. Join us for this fun and interactive hour. Dress comfortably. Water and a light snack will be provided.

Contact Megan Pudlik at 248.592.2269 or mpudlik@jfsdetroit.org.



GUEST SPEAKER BONNIE WEINTROB

Monday, May 8, 1-2pm
JFS, West Bloomfield

Participation is free, but a reservation is required as space is limited.



All programs are free and open to the public