

JEWISH FAMILY SERVICE

Family Caregiver EXPO

Are you caring for a loved one?
Join us for our mini Expo with two FREE sessions designed for YOU!

TUESDAY, APRIL 29, 2025

12:30 - 3:30 PM • JEWISH FAMILY SERVICE

6555 WEST MAPLE ROAD, WEST BLOOMFIELD

Session 1

12:45-1:45PM

The Power of Physical Activity for Self-Care
with Brittany Denis, PT, DPT, RES-CPT

This interactive session shares strategies for adding physical activity to your daily routine—both as self-care and to build stronger connections with loved ones.

Session 2

2:00-3:30PM

Culinary Art Therapy: Using Cooking to Make
Meaningful Connections and Reduce Stress
with Julie Ohana, LMSW

Explore some of the many benefits of utilizing cooking to increase self-esteem, incorporate mindfulness and increase brain engagement.

To register visit [JLIVE.APP/EVENTS/11334](https://jlive.app/events/11334)

Registration is required. Space is LIMITED to 40 people.

QUESTIONS? CONTACT BETH SEELBACH AT 248.592.2655 OR BSEELBACH@JFSDETROIT.ORG

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