

STRETCH TO HELP

Federation's Women's Department Community Event

Sunday, February 7, 2010

Stretch to help

in one of 30 yoga, pilates and exercise classes throughout the day.

Stretch your hand

to help those in need by raising funds for Federation's 2010 Annual Campaign.

Stretch your mind

and learn how you can change your community.

- *Classes for beginners to advanced*
- *For women of all ages and abilities*

Space is limited so sign up today!

www.stretchtohelp.org

248.642.4260 x183



 **Jewish Federation**
of Metropolitan Detroit
WOMEN'S DEPARTMENT