

Email:

[mbushwick@jsoflackawanna.org](mailto:mbushwick@jsoflackawanna.org)

or call Jewish Family Service at

570.344.1186

for a reservation

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Scranton, PA  
Permit No. 116



Jewish Family Service  
of Lackawanna County

PRESENTS:

**"Grow Yourself"**



FALL/WINTER  
SERIES

[www.jsoflackawanna.org](http://www.jsoflackawanna.org)



**Don't wait...  
Call Today!!!**

**Jewish Family Service  
of Lackawanna County**  
615 Jefferson Avenue, Suite 204  
Scranton, PA 18510

**Check Out  
our  
New Program!!**

A series of self-improvement and personal growth workshops and seminars which provide tools, strategies and experiences for living a more empowered and fulfilling life.

**"MEET 'THE NEW BUILDING' ON THE BLOCK"**

Take a guided tour of *The Commonwealth Medical College*

Spaces are limited. Please register early to assure a spot!

**Location:**  
**The Commonwealth Medical College**  
525 Pine Street  
Scranton, PA 18509

**When:**  
Wednesday, October 26, 2011  
6:00 P.M.



**"EVENING at the COLONNADE"**

Come join us for a demonstration of signature vegetarian fall soup and fall salad. Followed by a tour of the 'just opened' POSH at The Scranton Club

**Location:**  
**The Colonnade**  
401 Jefferson Avenue  
Scranton, PA 18510

**When:**  
Wednesday, November 30,  
2011 at 6:00 P.M.



**"HOT YOGA"**

Relax you mind and body with yoga! Come in out of the cold and stretch out with a session of Hot Yoga! Hot yoga is held in a heated room to stimulate blood circulation, your muscles, joints, organs, and glands, and every system of the body—even the nervous system

**Location:**  
**Steamtown Yoga**  
1130 Moosic Street  
Scranton, PA 18505

**When:**  
Thursday, January 19th  
7:30 P.M.



**"MAKING TRACKS IN THE SNOW"**

Put on snowshoes and follow animal tracks through the park at Lackawanna State Park. No prior experience necessary \*weather permitting\*



**Location:**  
**Lackawanna State Park**  
North Abington Township, PA  
**When:**  
Sunday, February 5, 2012  
at 1:00 P.M.

Reservations are limited!

**Registration Fee:**

Fall/Winter Series (4 sessions):  
JFS Members - \$36 + supplies  
Non-Member - \$50 + supplies

**Or**

Each session:  
JFS Members - \$10 + supplies  
Non-Member - \$15 + supplies

**Bring a friend!!**

Checks can be made payable to:  
**Jewish Family Service of  
Lackawanna County**