



Jewish Family Services
of silicon valley

COME UP FOR AIR!

A ZOOM EVENT FOR
OLDER ADULTS

EVERY 2ND WEDNESDAY
BEGINNING APRIL 13TH 2021

4PM

An engaging discussion group for older adults that will address how we stay connected and cope during this difficult time of maintaining safety in our homes while preserving healthy habits for self-care.



Facilitated by Rabbi Barney Brickner and Fern Adamkowski, ASW

For more information,

contact Rabbi Brickner at (408)357-7451 or barneyb@jfssv.org

To join this Zoom Meeting:

[https://us04web.zoom.us/j/78736576295?
pwd=NDZYZmNiUVBOd1FvT21PT0FjSkxyZzo](https://us04web.zoom.us/j/78736576295?pwd=NDZYZmNiUVBOd1FvT21PT0FjSkxyZzo)

Meeting ID: 787 3657 6295

Passcode: jfssv