

Heading into our second year, **Live Well @ The JCC** focuses on promoting FITNESS, HEALTH and WELLNESS for our 55+ community.

FITNESS focuses on prevention by decreasing your risk for chronic diseases such as: Diabetes, Osteoporosis, Hypertension and Heart Disease.

HEALTH promotes the length and quality of your life by interacting with your environment and positive choices.

WELLNESS highlights the spirit, the mind and the body integrating and constantly changing with the environment.

Live Well @ the JCC is grant funded and is offered FREE to members of the Edison Community Campus. Non-members must purchase a **Live Well @ The JCC** membership for \$45 which entitles them to participate in all Live Well programs through June 30, 2018.

For more information, contact the JCC front desk at 732-494-3232 or email Abby Eisner at aeisner@jccmc.org



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1775 Oak Tree Road, Edison, NJ
732-494-3232
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PRESENTATION

**“IT STARTS WITH FOOD”
(Nutritional FAQs)**

Presenter: Diane Weeks, RD

**Monday, November 6
1:30pm**

- Understanding the nutrition facts labels
- Dietary supplements i.e. vitamins and minerals
- How diet can affect osteoporosis
- Loss of taste and smell
- How nutrient dense diet impacts chronic conditions
- Easy steps to improve our diet



**LIVE WELL
@
THE JCC**

Programs focused on....

**FITNESS
HEALTH
WELLNESS**

**Developed specifically
for individuals
55 and older**

**FREE
to Edison Community
Campus Members**

CLASSES
SEMESTER 1 - FALL 2017

Tai Chi

NEW Instructor: Bob Matland

Mondays:

**September 11, 18, 25,
October 2, 9, 16, 23, 30**

9:00-10:00am

Tai Chi is an ancient Chinese tradition that is practiced today as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.



Zumba Gold

Instructor: Peggy Potter

Tuesdays:

**September 5, 12, 19, 26
October 3, 10, 17, 24, 31**

9:00-10:00am

This less intense aerobic program moves at a slower pace and is inspired by various styles of Latin American dance and performed to all types of music.



Chair Yoga

Instructor: Karen Rosen



Wednesdays:

**September 6, 13, 20, 27
October 4, 11, 18, 25**

12:00-1:00pm

Nourish your body and mind in this guided stretch using a chair as an extension and support for your body. Increase your mobility and calm your mind. Each class will include guided breathing, inner stillness and relaxation. All poses can be modified to fit all body types. This class can also be done standing.



Low Impact Cardio Fusion

Instructor: Peggy Potter

Thursdays:

**September 7, 14, 28,
October 19, 26**

10:30-11:15am

Low Impact Cardio Fusion is a functional fitness class to slow down the aging process and increase strength, bone and muscle density, balance, coordination and flexibility. Class will include aerobics and use of weights.

PRESENTATIONS

JIN SHIN JYUTSU

Presenter: Lynn Naples

**Tuesday, September 26th
1:30pm**

JIN SHIN JYUTSU is an ancient art similar in concept to acupuncture. Instead of using needles, you use your hands to release energy blocks responsible for creating tension and various symptoms in the body.

This talk will explain in more depth the theory behind Jin Shin Jyutsu and allow you to experience several self help energy flows for balancing the energy of the body and alleviating pain.



REGISTRATION

Non-members must register in person at the JCC.

Name:

Address:

Phone:

Email:

- Member - Free
- Non-Member - \$45 thru June 30, 2018

Exercise Class:

- Chair Yoga
- Low Impact Cardio Fusion
- Zumba Gold
- Tai Chi

Lecture:

- Jin Shin Jyutsu
- It Starts with Food