

Things to think about.....

Do you exercise on a
consistent basis?

Do you eat three balanced
meals each day?

Do you get a minimum of
7-8 hours of sleep
each night?

Do you “sweat the small
stuff”?

You can
Live Well @The JCC

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



Jewish Community Center
of Middlesex County
1775 Oak Tree Road, Edison, NJ
732-494-3232
www.jccmc.org



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Future
Live Well @ The JCC
programs.....

Car Fit
Jin Shin Jyutsu

Qi Gong
Chair Yoga
Be Fit Basics



New programs focused on....

FITNESS
HEALTH
WELLNESS

Developed specifically
for individuals
55 and older

FREE
to Edison Community
Campus Members

Launching in September, **Live Well @ The JCC** will focus 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 \$36 which entitles them to participate in all Live Well programs through June 30, 2017.

CLASSES

Zumba Gold

Instructor: Peggy Potter

Tuesdays:

**September 6, 13, 20, 27
October 11 & November 1, 8, 15
9:00-9:50am**

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.



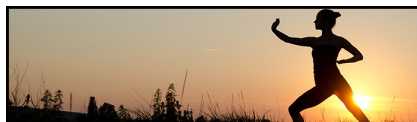
Tai Chi

Instructor: Barry Galitzer

Mondays:

**September 12, 19, 26
October 10, 31
November 7, 14, 21
9:00—9:50am**

This ancient Chinese tradition 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.



PRESENTATIONS

The Big Picture of Health

Presenter: Pat Stanley

**Tuesday, November 15, 2016
10:30am**

Health is not one-dimensional. Ms. Stanley will explore how lifestyle choices from the power of nutrition and thought can affect our well-being and healthy longevity.



Reiki

Presenter: Claire Adams

**Tuesday, December 13, 2016
10:30am**

Ms. Adams will introduce us to the practice of guiding a person's life energy to improve the body, health and well-being. It can be used to decrease anxiety, pain or stress.



REGISTRATION

Non-members must register in person at the JCC.

Name:

Address:

Phone:

Email:

- Member - Free
- Non-Member - \$36 for Sept 2016 thru June 30, 2017

Exercise Class:

- Tai Chi
- Zumba Gold

Lecture:

- The Big Picture of Health
- Reiki