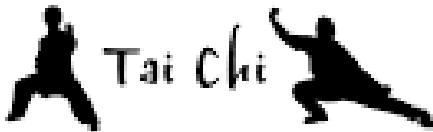


# LIVE WELL @ THE JCC



We are excited to announce our new program, **LIVE WELL @ THE JCC**. Funded by a grant specifically aimed at adults 55+ , the classes and lectures will focus on health, fitness and wellness.

Beginning in September, there will be 3 - 8 week sessions offering a variety of exercise classes and wellness lectures. Zumba Gold begins Tuesday, September 6 at 9:00 AM and Tai Chi will be offered on Mondays, 9-10 AM beginning September 12, 2016.

The following are some of the options we may offer...

- Tai Chi
- Qi Gong
- Zumba Gold
- Chair Yoga
- Low Impact Cardio
- Jin Shin Jyutsu
  - Reiki
  - Meditation
  - Whole Being
  - CarFit

**These opportunities are free to Community Campus members. Non-members may join as a LIVE WELL@ the JCC member for \$36 annually. This will allow them to participate in any and all LIVE WELL @ the JCC programs.**

**REGISTRATION A MUST FOR MEMBERS**  
**and NON-MEMBERS ALIKE**

Look for additional information regarding this exciting new program to help get you healthier, more fit and well tuned into your body!

Please contact  
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**with questions.**