



Marion and Norman Tanzman Center for *LifeLong Living*

LIVE WELL @ the JCC

Live Well @ the JCC focuses on promoting Health, Fitness and Wellness to the over 55 community through exercise classes and lectures during ten months of the year. The socialization that occurs during these classes also enhances wellbeing.

The expansion of the JCC and the creation of the Marion and Norman Tanzman Center for *LifeLong Living* will provide:

- Classes and lectures offered year-round, regardless of the needs of summer camp
- Expansion for the classes and lectures offered, both in number of classes and amount of times classes and lectures are scheduled on a weekly and monthly basis
- Dedicated exercise space in a more appropriate environment than we currently use
- Greater use and availability of exercise equipment
- Ability to store equipment in close proximity to the class spaces



**The Jewish Community Center
of Middlesex County**