

**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 pay a **Live Well @ The JCC** registration fee of \$45 which entitles them to participate in all Live Well programs through June 2018.



Jewish Community Center  
of Middlesex County  
1775 Oak Tree Road, Edison, NJ  
732-494-3232 [www.jccmc.org](http://www.jccmc.org)

Follow us on social media



## **“RAD”**

### **Self Defense for All Ages**

Recognize, Avoid, and Defend  
Empower Yourself

Presenter: Robert Matland

Tuesday, October 23, 2018  
10:30am

Please pre-register. Free & Open to the  
community.

Learn simple practices to make you less  
susceptible. Education and preparedness  
are key. Our lecturer will emphasize  
AWARENESS as a first step in self  
defense.



**PAY ATTENTION**

**SAVE THE DATE**

ICE - In Case of Emergency  
Tuesday, December 11th



# **LIVE WELL @ THE JCC**

Programs focused on....

**FITNESS**

**HEALTH**

**WELLNESS**

Developed specifically  
for individuals  
55 and older

**FREE**

to Edison Community  
Campus Members

**CLASSES  
2018 Fall**

**Tai Chi**

Instructor: Bob Matland

**Mondays Oct. 8, 15, 22, 29,  
Nov. 5 & 12**

**9:00am**

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: Rachel Scott

**Tuesdays Sept. 4, 18,  
Oct. 9, 16, 23, 30**

**9:00am**

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 Sept. 5, 12, 26,  
Oct. 3, 10, 17, 24, 31**  
**12:00 Noon**

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.



**Body Fit**

Instructor: Paulette Smithwick

**Thursdays Sept. 6, 13, 20, 27  
Oct. 4, 11, 18, 25**

**10:15am**

Body Fit 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 use of light weights and resistance bands.

**EVENING CLASS**

**Sculpt Your Body**

Instructor: Marissa DeJager

**Wednesdays Oct. 3, 10, 24, 31  
Nov. 7, 14, 21, 28**  
**(No Class Oct. 17)**

**7:00pm**

Sculpt Your Body is a class that involves toning all parts of your body using light weights and increasing your cardio vascular stamina through movement and easy dance steps.



**REGISTRATION**

Non-members must register in person at the JCC.

**Name:**

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**Address:**

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**Phone:**

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**Email:**

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- Member - Free
- Non-Member - \$45 registration fee thru June 2019

**Exercise Class:**

- Chair Yoga
- Body Fit
- Zumba Gold
- Tai Chi
- Sculpt Your Body

**Lecture:**

- "RAD" Self Defense