

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.



SLEEP DISORDERS....
The Who, What, Why's as we age

Presenter: Dr. Umma Kulsum

Tuesday, May 15, 2018

1:30pm

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

Do you snore? Learn about the warning signs of sleep disorders as we age. The who, what, why's and how to treat these issues.



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



Jewish Community Center
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732-494-3232 www.jccmc.org

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Wednesday, June 20th
(Raindate: Friday, June 22)
10am-12 Noon

CarFit is a FREE, interactive & educational program that teaches participants how to make their personal vehicle "fit" them to increase safety & mobility when they hit the road.

- Review 12 key areas of your fit to your car such as adequate space from the steering wheel, proper seat belt use, & properly adjusted head restraints.
- Learn how to use & adjust your safety devices.
- Each checkup takes about 20 minutes - this is not a driving test or mechanical inspection.

To schedule your 20-minute appointment, please call 732-494-3232. Appointment spaces are limited, so don't wait!

MUST REGISTER BY JUNE 18, 2018



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 Spring**

Tai Chi

Instructor: Bob Matland

**Mondays May 7 - June 18
(NO CLASS MAY 21 & 28)
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 May 8 - June 12
(NO CLASS MAY 1)
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 May 2 - June 20
(NO CLASS JUNE 13)
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 May 3 - June 21
(NO CLASS JUNE 14)
10:30am**

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.

NEW EVENING CLASS

Sculpt Your Body

Instructor: Lynet Freeman

**Tuesdays May 1 - June 26
7:00pm**

Sculpt Your Body is a new 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:

Address:

Phone:

Email:

- Member - Free
- Non-Member - \$45 registration fee thru June 2018

Exercise Class:

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

Lecture:

- Sleep Disorders
- CarFit