

Wellness Lunch & Learn SUMMER SERIES

WEINBERG PARK HEIGHTS JCC - JULY EVENTS

Join this engaging summer program featuring LifeBridge Health medical professionals and JCC staff. Enjoy movement, conversation and fun!



Wednesdays, July 10-July 31
Noon-1:30pm

Free. Lunch Included.

Open to the Community. Registration required.

JULY 10 - CELEBRATING LIFE BY PURPOSEFUL PLANNING

with Chaya Lasson, RN, Director Jewish Hospice and Palliative Care, Bridging Life

JULY 17 - PREDIABETES AWARENESS AND PREVENTION

with Lori O'Donnell, certified Lifestyle Coach and JCC instructor

JULY 24 - AGING WITH POSITIVITY

with Hannah Kilburg, LCSW-C Director of Outpatient Behavioral Health Services, Levindale Hebrew Geriatric Center and Hospital

JULY 31 - TAI CHI AND BREATHING FOR PAIN RELIEF

with Christina Gentile, DP, DPT, Chronic Pain Specialist, Sinai Rehabilitation Center



Register at
LifeBridgeHealth.org/livewellsessions

OR SCAN HERE >>>



Questions? Contact:

Laura Kurcfeld lkurcfeld@jcc.org **Sherri Zaslow** szaslow@lifebridgehealth.org