



601 Jefferson Avenue
Scranton, PA 18510
(570) 346-6595

Affiliated with JCCA - Jewish Federation of Northeastern PA - Lackawanna County Area Agency on Aging

2026 Chronic Disease and Cancer Wellness Exercise Center of Northeastern Pennsylvania

The Jewish Community Center would like to thank the following agencies and foundations who made it possible to run this program through their generous support:

Margaret Briggs Foundation

We would also like to thank the Northeast Regional Cancer Institute and the American Cancer Society for their marketing support.



Chronic Disease and Cancer Wellness Exercise Center of Northeastern Pennsylvania

A Comprehensive Chronic Disease and Rehabilitation Program that addresses the uniqueness of each person's capability.

in collaboration with the
Margaret Briggs Foundation

Located at
The Jewish Community Center of Scranton, 601 Jefferson Avenue



in Loving Memory of Theresa Borgia
www.scrantonjcc.org



Meet the Chronic Disease and Cancer Wellness Team at the JCC

Our Chronic Disease and Cancer Wellness Team at the Scranton JCC is a highly skilled, certified and energetic group of professionals that will assist you either in a group setting, or one on one with personal training. We are here to help you adopt or continue a lifestyle that fosters optimal health and wholeness. This team, combined with our state-of-the-art fitness center, aerobic studio and swimming pool, will help chronic disease survivors overcome the everyday symptoms of fatigue, anxiety and depression. Also, participants will enjoy the benefits of exercise, meet other patients and survivors, and have an opportunity to better enjoy life to its fullest extent.



- Vince Kalinoski** Certified Cancer Wellness Specialist/Administrator
- Jo Akers** AFAA Fitness Instructor
- Ralph Caputo** Personal Trainer



Our Chronic Disease and Cancer Wellness & Exercise Program

- Includes 3, eight-week sessions of exercise, yoga, and nutrition, catered to each participant's needs
- Comprehensive Fitness Assessments before and after the program
- A wide variety of activity options over each eight week period
- Seminars & Lectures on Exercise and Nutrition
- A warm, friendly atmosphere where you will meet other chronic disease survivors
- Low Impact Aerobics
- Personal Training



SESSION I 2026	SESSION II 2026	SESSION III 2026
Jan. 5th - Feb. 27th	May 3rd - June 26th	Oct. 12th - Dec. 4th
Mon. Wed. Fri.	Mon. Wed. Fri.	Mon. Wed. Fri.
10:30-12:00 noon	10:30-12:00 noon	10:30-12:00 noon

Sessions are held in the MultiPurpose Room & Pool

All participants must have a signed physician's release form and a JCC COVID-19 waiver to register for the program. The cost is \$125 per eight-week session of up to 24 classes per session.

Call Vince Kalinoski at 570 346-6595, ext. 115, to register.