



Men's Club Wellness Day Program



Sunday, December 18, 2022
at any time as individuals

Attention all Congregation Beth Judea Members of all ages!

Please join the CBJ Men's Club (men, women and kids invited) for some type of exercise at any place you choose.

As part of the FJMC Wellness Program, we urge all congregants to participate in this event at whichever level you feel comfortable. Our goal is to increase awareness of health and wellness issues to all members of Congregation Beth Judea. It is important to remain physically and mentally fit.

Walk, bike or run etc. for 20 minutes or more on the Wellness Day. After you are done, contact Sandy Victor at sandy_victor@hotmail.com to report your participation. If you go with other persons, please mutually agree on health and safety protocols.

Please contact Lisa Neiman if you need any special accommodations to attend this event.