



# Men's Club Wellness Day Program



Sunday, **July 11, 2021**

Buffalo Creek Forest Preserve - 18163 W. Checker Road -  
Long Grove, IL

10:30 AM for the group event or 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 a bike, run or walk through the remodeled Buffalo Creek Forest Preserve or any other 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. Exercise helps accomplish both these goals.

Walk, bike or run for 20 minutes or more any time or place on the Wellness day. After you are done, contact Sandy Victor at [sandy\\_victor@hotmail.com](mailto: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 accommodations to attend this event.