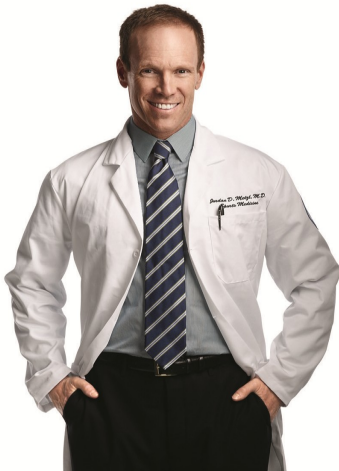


Welcome to the kick-off for
our *new*
AT HOME Series

Join us on Sunday, August 23 at 10 AM to learn about how
to **Stay in Shape** at our “mature age.”



Dr. Jordan Metz, a renowned orthopedist at the Hospital for Special Surgery (HSS), will lead an hour-long event about exercising. We will have time for questions and answers, and then he will lead us through an actual exercise program that we can participate in.

To learn more about Dr. Metz, please [click here](#).

The cost of the event is \$10 payable to NCJW BCS.
You can go online and pay through the website, or by check to
NCJW BCS

75 S. Washington Avenue
Bergenfield, NJ 07621

To register please email:
Joan Ornstein at joanornstein@gmail.com
or call (201) 410-7028

The Zoom information will be sent before the event
to those who register.

For more information call (201) 410-7028

We hope to see you on the 23rd!!