



Fit Friday with Kate!

Join us for a class focusing on strength and balance. Please have a sturdy chair, a water bottle, a pair of weights (soup cans or water bottles also work) and resistance bands (a hand towel can work instead).

**Every Friday
9–10 am CST**

Registration is required.

[CLICK HERE TO REGISTER](#) 

For more information, contact us at
community.engagement@cje.net or 773.508.1089.

For other fantastic CJE SeniorLife online programming,
check out www.cje.net/cyberclub.

cje SeniorLife
Jewish values for positive aging



Brought to you by Niles Township Government.

THE CJE ADVANTAGE: Our broad continuum of care offers people of all ages, faiths and incomes access to life-enriching opportunities, resources and healthcare. Our Jewish values make us the provider of choice for enhancing lives and navigating the positive aging process.

3003 West Touhy Avenue | Chicago IL | www.cje.net | 773.508.1000

CJE SeniorLife® is a partner with the Jewish United Fund in serving our community.

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