

Spring into Healthy Living: Tips for Getting and Staying Fit

Join fitness & nutrition professionals as they discuss fitness at any age. Questions, comments and concerns welcome.



Katie Croghan

Registered Dietician for more than 16 years
Registered Dietician
Licensed Dietician
Medical West



Cathleen Kronemer

More than 25 years in fitness
Certified Personal Trainer
Certified Health Coach
JCC

Healthy snacks will be provided. Open to the community.

Wednesday, May 1 • 6:00-7:30pm

FREE/Reservations requested

Medical West

444 S. Brentwood, Clayton, MO 63105
314-725-1888

Contact/RSVP:

Sarah Levinson, Case Worker
314-442-3261 or
slevinson@jccstl.org

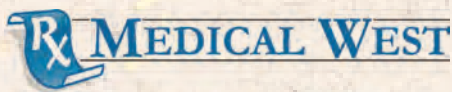
Raffle & Door Prizes!

Including free massage, free month J membership and more!

**Free
fitness &
nutrition
advice!**

Medical West

Medical West is the premier provider of medical equipment and supplies in St. Louis. Family owned and operated since 1955, Medical West continues an honored tradition of compassionate care. Our professional staff offers guidance in the following areas: Nutrition, Respiratory Services, Diabetic Testing Supplies & Diabetic Shoes, Compression Stockings, Wound Care, Ostomy, Adult Incontinence, Breast Prosthesis Fittings, Orthopedics and Mobility & Bath Safety Equipment.



medicalwest.com
314-725-1888

Adult Day Center at the J

Form more than 30 years, the Adult Day Center at the J has provided services that enable people with physical disabilities, dementia, and brain-related diseases to remain living in the community for as long as possible. The Adult Day Center offers a safe setting in which participants engage in activities that are socially, cognitively, and physically stimulating; receive nutritious meals; and receive daily oversight of medical and personal care. Family caregivers benefit from respite and support.

JEWISH COMMUNITY CENTER



jccstl.org
314-442-3248

