

BOXING FOR FITNESS AND FUN

Tuesdays, starting January 5th at 10:00 am

Jewish Home Family's Certified Rock Steady Boxing Coach Tom Elliott is excited to offer this class to the community. Rock Steady Boxing was originally designed for people fighting back against Parkinson's. When gyms closed due to the virus, he switched to a livestream format, modified the class and found effective ways to work without equipment.



To Join, go to:

<https://us02web.zoom.us/j/84934153005>

FIGHTING AGEISM- Carol Silver Elliott

Wednesday, January 13th at 2:00 pm

Ageism is stereotyping, prejudice and discrimination against people on the basis of age. It's a widespread and insidious practice which marginalizes older adults and attempts to minimize their value to society often excluding them completely from decisions that directly impact their lives. This practice is cumulative and can have a harmful effect on the overall health and well-being of older adults who are no longer acknowledged or heard.

Carol Silver Elliott has been the President and CEO of the Jewish Home Family since 2014.



Register in advance for this webinar:

https://us02web.zoom.us/webinar/register/WN_hBfkbMtxQ7-PYTSnZXX1aQ

After registering, you will receive a confirmation email with info about joining the webinar.

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