

UPCOMING

The Marcus Jewish Community Center of Atlanta is encouraging the community to get heart-healthy with several special events at its Zaban Park campus (5342 Tilly Mill Road, Dunwoody).

MJCCA's Heart-Healthy Programs Include:

- Winter Wellness Challenge (Jan. 27 – Feb. 2)

This week-long social media fitness challenge is free and open to the community; participants can join a team, complete fitness and wellness challenges, earn points, and win prizes!

- Heart Healthy Zumbathon (Thursday, Feb. 7, 6:30-8:30 p.m.)

This fitness dance party is FREE and open to the community; dance your heart out for one or both hours as we get our blood pumping and our bodies moving! Ages 13+ welcome.

- What the Health?! Heart Health Seminar (Sunday, Feb. 10, 1 p.m.)

Cost for this informational session - Member Free; Community \$5; learn how to support your cardiovascular system through smart dietary and lifestyle choices as we talk to a registered dietician from Northside Hospital.

- LifeSouth Blood Drive (Thursday, Feb. 14, 10 a.m. – 3 p.m.)

This community-based charitable event is free and open to the community; donate blood to your local community in the LifeSouth Blood-Mobile. Help us save lives on this Valentine's Day.

For more information, contact MJCCA Registration at 770-812-4060, email registration@atlanta-jcc.org, or visit atlantajcc.org/fitness&wellness.