

**FOR IMMEDIATE RELEASE**

Contact: Allison Rosen, [arosen@jccmanhattan.org](mailto:arosen@jccmanhattan.org) | 646.505.4493

**Fall Open House: Total Health for Your Body & Brain  
At the Marlene Meyerson JCC Manhattan  
Free & Open to the Public Sunday, September 16**

**New York, NY** (August 30, 2018) – The community is invited to enjoy a special day at the Marlene Meyerson JCC Manhattan on Sunday, September 16. The free event, focusing on mind and body health, will be held from 11:30 a.m. to 5 p.m. In addition to a keynote presentation on brain health, attendees will enjoy a host of free fitness and wellness classes, from indoor cycling and yoga to Zumba, nutrition and the brain, and more.

The event will open with a keynote presentation at 11:30 a.m., Successful Aging + Your Brain, featuring Dr. Matthew E. Fink, neurologist-in-chief at NewYork-Presbyterian Hospital; chairman, department of neurology, Weill Cornell Medical Center and Dr. Alessandro Di Rocco, professor of neurology, Zucker School of Medicine at Hofstra Northwell; system director, Parkinson's and movement disorders, Northwell Health. Moderated by Caroline Kohles, the JCC's senior director of health and wellness programming, the session will be a dynamic discussion about different aspects of the human brain, including memory, diseases and disorders, and changes that come with age. Following the discussion, audience members can participate in a Q&A. It is presented in partnership with the Dana Foundation.

"We're committed to helping our community live healthier lives, and we welcome everyone to take advantage of the free programs during our fall open house," said Melissa Donovan, chief operating officer of the JCC's center for health and wellness. "Whether you choose a lecture or a workout – or both – you'll learn how to make healthy choices to improve your brain, body, and life. And, these programs are a just sampling of the vast array we offer year-round. There's no place like the JCC!"

Attendees who sign up for membership during the event will save \$200, the largest discount of the year. Pre-registration is recommended, though not required, and walk-ins are welcome. For more information, visit [jccmanhattan.org/open-house](http://jccmanhattan.org/open-house).

**Schedule of Events**

11:30 a.m.-1 p.m.: Keynote Presentation: Successful Aging + Your Brain  
1:15 p.m.-2:15 p.m.: Nutrition and the Brain: Eating to Improve Brain Power  
1:15 p.m.-2:15 p.m.: Zumba  
1:15 p.m.-2:15 p.m.: Fluidity Barre Workout  
1:15 p.m.-2:15 p.m.: Brain Training for Longevity

1:15 p.m.-2:15 p.m.: JCC Bike Fit and Ride  
2:30 p.m.-3:30 p.m.: Training Your Brain to Boost Confidence, Focus, Productivity + Creativity  
2:30 p.m.-3:30 p.m.: Nia Jam  
2:30 p.m.-3:30 p.m.: TRX Suspension Training  
2:30 p.m.-3:30 p.m.: Alexander Technique  
3:45 p.m.-4:45 p.m.: Living and Loving Authentically: The Science of Intuition  
3:45 p.m.-4:45 p.m.: Melt  
3:45 p.m.-4:45 p.m.: Boxercise  
3:45 p.m.-4:45 p.m.: Yoga for Back Health

About the Marlene Meyerson JCC Manhattan

Together with its community, the Marlene Meyerson JCC Manhattan creates opportunities for people to connect, grow, and learn within an ever-changing Jewish landscape. Located on 76th Street and Amsterdam Avenue, the JCC is a vibrant non-profit community center on the Upper West Side. The cornerstone of progressive programming in Manhattan, the JCC serves over 55,000 people annually through 1,200 programs each season that educate, inspire, and transform participants' minds, bodies, and spirits. Since its inception, the JCC has been committed to serving the community by offering programs, classes, and events that reach beyond neighborhood boundaries, reaching people at all stages of their lives. Learn more at [jccmanhattan.org](http://jccmanhattan.org).

###