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## **Marlene Meyerson JCC Manhattan Announces Free Annual Fall Fitness + Wellness Open House Sunday, September 18**

**New York, NY** (August 9, 2022) – The **Marlene Meyerson JCC Manhattan (MMJCCM)**'s Davidson Fishberg Center for Health + Wellness has announced details for the annual Fall Fitness + Wellness Open House, a free hybrid event happening on Sunday, September 18 from 10 AM – 4 PM at the MMJCCM (334 Amsterdam Avenue at 76th Street) and on Zoom.

The annual Open House will feature in-person and virtual samplings of JCC Health Club classes and workshops. Sample workout class highlights include a variety of yoga offerings, self-defense, Feldenkrais®, Nia Jam, Latin dance fitness, and much more. Conversations and lecture topics include personal development with Karen Salmansohn, nutrition, Hebrew lessons, career coaching, and more. The Open House will conclude with a book signing event with positive psychology authors Scott Barry Kaufman and Dr. Jordyn Feingold.

"We are thrilled to welcome our community back to the JCC for this special annual event," said Melissa Donovan, **Chief Operating Officer, Health & Wellness of MMJCCM**. "Now more than ever, it's vital for people to be connected to vibrant, informed, motivating programs and resources while on their wellness journey. During the Open House, we're excited to share a sampling of the incredible classes and expertise that you can expect from the JCC year-round."

The Fall Fitness + Wellness Open House is free and open to the public. Discounts on JCC Health Club and Pool memberships will be offered for prospective members during the event. Pre-registration is strongly recommended, with walk-ins welcome. For more information and to register, please visit [mmjccm.org/open-house](http://mmjccm.org/open-house).

### **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. It also presents a robust slate of virtual programming, serving an even wider community. The JCC serves over 55,000 people annually through 1,200 programs each season

that educate, inspire, and transform participants' minds, bodies, and spirits. Throughout COVID-19, the JCC has pivoted to meet the community online, exceeding 102,000 registrations to over 3,000 virtual classes and programs in the earliest part of the pandemic. Since its inception, the JCC has been committed to serving the community by offering programs, classes, and events that extend beyond neighborhood boundaries, reaching people at all stages of their lives.

Learn more at [mmjccm.org](http://mmjccm.org)

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