



Men's Club Wellness Day Program



Sunday, **October 18, 2020**

Buffalo Creek Forest Preserve - 18163 W. Checker Road - Long Grove, IL

Or any other Park or Neighborhood Location

Anytime during daylight hours

Attention all Congregation Beth Judea Members of all ages!

Please join the CBJ Men's Club (men, women and kids invited) for a bike, run or walk through the remodeled Buffalo Creek Forest Preserve or any other place you choose.

As part of the FJMC Wellness Program, we urge all congregants to participate in this event at whichever level you feel comfortable. Our goal is to increase awareness of health and wellness issues to all members of Congregation Beth Judea in this time of Shelter in Place. It is important to remain physically and mentally fit. Exercise helps accomplish both these goals.

Walk, bike or run for 20 minutes or more any time or place on the Wellness day. After you are done, contact Sandy Victor at sandy_victor@hotmail.com to report your participation. If you go with other persons, please maintain proper social distancing.