

## We're **Improving** **the Health** of Our Community

According to the President's Council on Fitness, Sports and Nutrition, fewer than 5% of adults and only one in three children participate in at least 30 minutes of activity each day. The J provides dozens of opportunities for children and adults to get and stay healthy and active: two state-of-the-art fitness centers and nationally-certified staff, hundreds of group exercise classes, sport leagues, personal and small group training, and more.

## We Serve as the Center of **Jewish** **Programming**

Embracing Jewish culture and education, the J is home to the New Jewish Theatre, the St. Louis Jewish Film Festival, BBYO, Nishmah, the Jewish Arts and Soul Project and one of the largest Jewish Book Festivals in the U.S. We host more Jewish programs – and serve a greater percentage of the Jewish population – than any other agency in St. Louis. We are the true center of the Jewish community.

## Tzedakah: **We Give Back**

The J serves a multicultural population at every age and walk of life. We happily provide more than \$600,000 in financial assistance annually, regardless of faith. This would not be possible without impassioned supporters who share our commitment to helping others.



Why  
Support  
the J?

JEWISH COMMUNITY CENTER

the  
j

## We Bring **70,000 People** Together Every Year

Since 1880, the J has served the Jewish Community regardless of denomination, background, or religious affiliation. Through family services and programs, cultural events, recreation and fitness – the J is the central place where all Jews connect, make friends and experience true community.

## We **Shape** the Lives of **Young People**

The J's Early Childhood Centers, J Day Camps, Camp Sabra, JCC Maccabi Games, BBYO, Nishmah, Helene Mirowitz Family Center and Youth Sports introduce thousands of young people (age 6 weeks to 19 years) to life-shaping experiences each year. Our programs emphasize friendship, teamwork, sportsmanship, leadership, self-discovery and Jewish values, heritage and identity.

## We **Enhance** the Lives of **Seniors**

The J is dedicated to helping older adults live in the community for as long as possible. Through our Adult Day Center program, we help adults with Alzheimer's and other challenges, and offer critical support services to caregivers. Kitchen J delivers more than 2,500 nutritious kosher meals monthly, to the homebound elderly, and to low-income seniors five nights per week at a congregant site.

## We **Care** for and Support People with **Special Needs**

The J's Inclusion Program provides hundreds of children and adults with disabilities and other special needs the opportunity for a more enriched and fulfilling life – through camping, theatre, fitness, social outings and the Buddies-at-Work program. Additionally, we provide support services for families and caregivers.