

LOSING YOUR JOB DOESN'T MEAN LOSING YOUR BALANCE

join the sabes jcc whole health plan

GET YOUR LIFE BACK IN BALANCE AT THE SABES JCC

The Sabes JCC Whole Health Plan is a “pay-what-you-can” membership plan. All you have to do is provide proof of recent unemployment*, and you will have full membership privileges. The purpose of the Whole Health Plan is to provide you with complete health—body, mind/spirit and career assistance. When you lose your job, one of the first expenses to go is often a health club membership. This is a crucial time to keep up with fitness. But, fitness is not all that we do here at the Sabes JCC. As a complete community center—highly ranked by Consumer Reports—we offer a wide array of programs and services to enrich your mind, soothe your soul and connect you to a community.

OPEN TO THE GENERAL PUBLIC—EVERYONE IS WELCOME

*Restrictions may apply; availability is limited. Valid with proof of recent unemployment (within the last 3 months) and on a first-come, first-served basis. Valid for a 6-month period, with the option to apply for scholarship at the end of the 6-month period.

CAREER

- > Free resume and job posting on ParnossahWorksMinnesota.org
- > Bi-weekly resource and support group
- > Career counseling and employment assistance (including resume assistance, educational planning and more)

Services provided by Jewish Vocational Service

BODY

- > fitness center access
- > reduced group training rates
- > free exercise classes
- > access to indoor and outdoor pools
- > sauna and whirlpool

health & life balance

MIND/SPIRIT

- > complimentary play tickets
- > free yoga classes
- > Tychman Shapiro gallery
- > member rates for classes for children and adults
- > member rates for summer camp
- > counseling services
- > monthly workshops

Counseling services and workshops provided by Jewish Family and Children's Service of Minneapolis

Click here to contact our Membership Department!



sabes jcc

ARE YOU READY TO SIGN UP FOR THE WHOLE HEALTH PLAN?
come take a tour of our facilities and sign up today!

For more information about the Sabes JCC, visit www.sabesjcc.org, call 952.381.3414 or e-mail membership@sabesjcc.org