



# THE SAM POMERANZ JEWISH COMMUNITY CENTER OF SYRACUSE

PRESENTS

## THE SYRACUSE CHARGERS EVERYONE CAN RUN BEGINNERS' PROGRAM

When: Feb. 7, 14, 21 & 28  
Mar. 6 & 13

Time: 5:30pm - 6:30pm  
Where: JCC of Syracuse  
5655 Thompson Road  
DeWitt, NY 13214

Join us for this free six-week  
training program.

Participants must be at least 14-  
years and older



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