

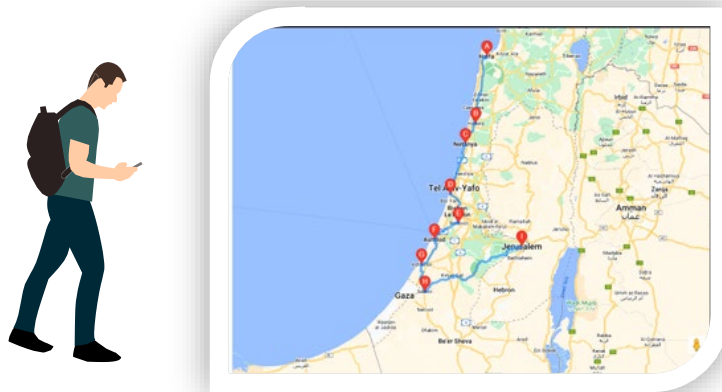


## Count Your Steps as You Count the Omer!

**It's not too late to join the FJMC Walking Challenge!**

**Register at:  
FJMC Wellness Portal**

Are there planned walks to support Israel in your community?  
Support Israel by participating in the FJMC Walking Challenge!



This is a great opportunity for your Club to focus on the well-being of your members!

**Join today:**

**Everything that you need to know is at:**

**[www.fjmc.org/2024/03/22/fjmc-walk-through-israel-challenge/](http://www.fjmc.org/2024/03/22/fjmc-walk-through-israel-challenge/)**



**Questions?**

**Email: [wellness@fjmc.org](mailto:wellness@fjmc.org)**