

Families that Play Together ... Stay Together

Everyone loves family traditions, but in this hectic day and age we don't always have enough time for them. Being creative with family traditions is an art, and one Charlotte family started a wonderful one in 2013.

Dedee and Irving Cygler relocated to Charlotte from New York to enjoy southern climate and lifestyle. Three years ago, Dedee invited her daughter Jessica and her then-boyfriend Josh, to join them for Mother's Day weekend.

She mentioned that she had registered for the Jewish Family Services Friends Run, and asked if they would like to join. She was met with a resounding "Yes!" The couple flew to Charlotte and participated in the race that year, solidifying the beginning of a new family tradition.

Since then, Jessica and Josh have married, and although they both lead busy lives, they always make it a priority to visit Charlotte on Mother's Day weekend to spend time with family, run together for a great cause and celebrate motherhood.

The Cyglers aren't the only

family making traditions around the annual JFS Friends Run held Mother's Day each year at Shalom Park. Nancy Tarbis hopes to start a new tradition in her family for Mother's Day. This year she invited her runner grandson Brandon and his wife Mandy to fly down from Brooklyn to run in the 10K.

Thank you to the Cygler and Tarbis families for making the JFS Friends Run part of your Mother's Day tradition. If you are looking for a new healthy family tradition, we invite your family to join our family at the 6th annual Friends Run. There is still plenty of time to indulge in brunch and spoil your mother after the race.

Jewish Family Services is honored for the Friends Run to be selected by Carolinas HealthCare System to be featured in their LiveWELL Race Series, a health and wellness program for their 35,000+ employees. "For those who want to take their fitness to a higher level, Carolinas HealthCare System's LiveWELL program offers a race series to its teammates that includes more



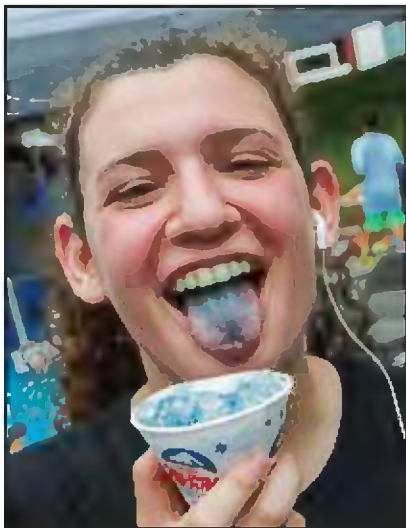
Volunteers at the Friends Run.



The Cyglers at the Friends Run finish line.

than 40 races throughout Charlotte and other nearby regions. Races are a great way for our teammates to get healthy and we're glad to include the Jewish Family Services Friends Run in our race series," said Brenton Edwards, LiveWELL Consultant with Carolinas HealthCare System.

For more information and to register to participate or volunteer, please visit friendsrun.com. ☆



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