

Kick off National Active Aging Week 2008 by

MOVING TOWARDS WELLNESS

A fair dedicated to healthy habits and active living

Planning Committee includes:

Area Agency on Aging

Blue Ridge
Community College

Council on Aging
for Henderson County

Healthy Aging Coalition
of Henderson County

Henderson County
Family YMCA

Land of Sky
Regional Council

Pardee Health Education
Center

Park Ridge Hospital

Exhibitors include:

AARP

A Heart for Seniors

Alzheimer's Association

Asheville Integrative
Medicine

Blue Ridge Center for
Lifelong Learning

Blue Ridge Community
Health Services

Brightwater Yoga Studio

HeartMind Acupuncture

Hendersonville Community
Coop

Home Helpers

Kashmyra's Shangri-la

Ondine Constable

Pardee Ed Center

Park Ridge Hospital & Laurel
Park Medical Center

Secure Horizons

SHIIP

YMCA

BLUE RIDGE COMMUNITY COLLEGE - Patton Building

September 20, 2008, 9 am – 3 pm

Front Parking Lot - Wellness on Wheels (WOW) Van

9 am – noon Cholesterol screenings (fasting required), BMI, and blood pressure checks.

12 – 3 pm EKGs (for women only).

Room 151 & Lobbies (1st & 2nd floors) – EXHIBITS

9 am – 3 pm (see exhibitor list on left)

Room 203 – PHYSICAL PERFORMANCE ASSESSMENTS

9:30 am – 2:30 pm by appointment

Western Carolina University Physical Therapy students

Room 150 – FITNESS DEMONSTRATIONS

9:30 – 10 am *Yoga* with Kathleen Wallace

10:15 – 10:45 am *Tai Chi* with Travis Ginn

11 – 11:30 am *Lebed Method* with Kathleen Wallace

11:45 am – 12:15 pm *Pilates* with Kashmyra

12:30 – 1 pm *Self Defense* with Shane Norris

1:15 – 1:45 pm *Chair Exercise* with Jim LaValle

2 – 2:30 pm *NIA* with Anne Lowry

Room 215 – STAYING HEALTHY

9:30 am *Healthy Start with the Blue Mountain Café*, Bert Handy

10:30 am *Healthy Aging in the Garden*, Diane Turner

11:30 am *Acupuncture for Staying Healthy*, Eli Sigler

12:30 pm *Golden Sex for the Golden Years*, Kelley Wolfe

1:30 pm *Happy Feet – Foot Care & Fitness*, Ondine Constable

Room 219 – MANAGING YOUR HEALTH

9:30 am *Lifestyle Connections for Managing Diabetes*, Cheryl Tuttle

10:30 am *What Now? Living Well w/ Chronic Illness*, Rebecca Chaplin

11:30 am *Fall Risk, Fall Prevention*, Lori Hart

1:30 pm *Are You At Risk for Cardiovascular Disease?* Julie Palmer

Room 228 – COMPLEMENTARY THERAPY DEMONSTRATIONS

10:00 am – 2:00 pm by appointment

Acupuncture, Chiropractic Consultation,

Emotional Freedom Technique (EFT)

Massage Therapy, Reflexology, Reiki

Back Patio – HEALTHY SNACKS & LUNCH ITEMS

Sold by the Hendersonville Community Coop

