

National Senior Health and Fitness Day

Wednesday, May 29, 2019

Join us as we celebrate National Senior Health and Fitness Day. This event is free and includes lectures, classes, raffles, exhibitors and goodie bags. Meet with fitness professionals and other special guest lecturers. **Free balance screenings will be offered by Swedish Covenant Hospital Physical Therapists from 11 a.m.-12:30 p.m. Free cholesterol and blood pressure screenings will be provided from 9:30-11 a.m. and from 5:30-7 p.m.**

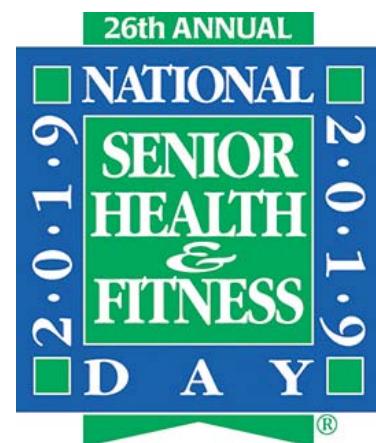
Date: Wednesday, May 29, 2019

Time: 9 a.m. to 8 p.m.

Location: Galter LifeCenter
5157 N. Francisco Ave.

Cost: Free for you and a friend.
Guests must bring a photo i.d. and complete a Physical Activity Readiness Questionnaire upon arrival.

Note: Make your reservation for individual classes, lectures and services at the Courtesy Desk or call 773-878-9936, ext. 5660.



Seniors receive a 10% discount on all programs and services on May 29, 2019.

For more information please contact Karen McAuliffe
at 773-878-9936, ext. 7723 or kmcauliffe@SwedishCovenant.org

See reverse side for more event information

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Class Schedule

9 - 10:15 a.m.	Yoga
Studio 4	Renee Chester
	For the student with some yoga experience. This class will refine alignment in the asanas, sequence combinations of poses, and use breath control techniques.
10 - 10:45 a.m.	AAE
East Pool	Krista Booth
	This program includes a 45-minute water exercise routine geared specifically to those with arthritis. Improve joint flexibility and coordination; reduce muscle weakness and decrease pain and stiffness.
10:30 - 11:30 a.m.	Tai Chi Chuan
Studio 4	Lin Shook Schalek
	A meditative form of exercise that combines breathing techniques with slow movements that tone and stretch the body. Improves balance, posture and helps to reduce blood pressure.
11:45 a.m. - 12:30 p.m.	Chair Fitness
Studio 4	Leslie Mras
	A chair exercise class that will improve your range of motion, flexibility, aerobic capacity and endurance.
12:45 - 2 p.m.	Boost the Brain, Soothe the Joints
Studio 4	Tracy VonKaenel
	Learn yoga techniques designed to bring increased ease to arthritic or sore joints, and at the same time stimulate the brain's capacity for full functioning. Open to all. Practice can be done with or without a chair.
2:15 - 3 p.m.	Total Control® Pelvic Wellness for Women
Studio 4	Karen McAuliffe
	Certified Total Control® instructor Karen McAuliffe will guide you through a sample of this unique program that includes exercises to improve pelvic health and help with incontinence.
4:30 - 5:30	Nia
Studio 4	Sara Shafran
	An exhilarating mind and body dance workout that is designed to invigorate and then relax.
6:15 - 6:45 p.m.	Move30
Studio 3	Sophia Panos
	Great for improving overall movement and health. Learn to move with ease, less restriction and discomfort.
6:30 - 7:15 p.m.	Aqua Yoga
East Pool	Suzanne Harris
	Relaxing aquatic exercise that allows focus on balance and strength using traditional yoga poses in the water.

Lecture Agenda

9 - 10 a.m.	Summertime Meal Prep
	Registered Dietitian Kate Kinne will demonstrate some easy meal and snack preparations for a healthy summer and highlight the health benefits of the recipes being used. Samples and recipes will be provided. (Studio 3)
10 - 11 a.m. and 7 - 8 p.m.	How to Prevent and Reverse Alzheimer's
	Dr. Silvia Panitch, MD will discuss which factors put you at risk, and how you can address them to improve your mental health. Are you at risk? If so, learn what you can do about it. (Studio 3)
11 a.m. - noon	Tech Fitness for Seniors: Cyberspace Can be a Scary Place!
	Technology Specialist Marge Campbell will give you tips to make it less scary including two new secure options for payments. If you suffer from internet insecurity come and learn how we can treat that ailment. (Studio 3)
1 - 2 p.m.	Aging Well with Acupuncture
	Aging is a natural process. How well we age, however, varies greatly from person to person. Join Licensed Acupuncturist Terri Clemens as she discusses ways to age healthfully through the lens of Chinese medicine and discuss the benefits of acupuncture. Sample treatments will be offered. (Studio 2)

Integrative Therapy Services

Massage Samples	10 a.m. - noon	IT Room 3
Licensed Massage Therapist Michelle Rotert will speak about the benefits of massage and provide massage samples.		

Screenings

Cholesterol	9:30 - 11 a.m. and 5:30 - 7 p.m.	Nutrition Room
Blood Pressure	9:30 - 11 a.m. and 5:30 - 7 p.m.	Nutrition Room
Balance	11 a.m. - 12:30 p.m.	Physical Therapy First Floor

Seniors receive a 10% discount on all programs and services on May 29, 2019. This is an additional 5% savings!