

HEALTH SEMINAR REGISTRATION FORM

This form may be copied for additional registrations.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email _____

Due to space limitations, registration for health seminars is required and will be processed in the order in which they are received.

Please check the seminars and times you would like to attend:

- 9-9:30 amLifestyle Tips for Happy and Healthy Aging
- 9:45-10:15 am.....Are You Feeling Off Balance?
- 10:30-11 am.....Lifestyle Tips for Happy and Healthy Aging
- 11:15-11:45 amAre You Feeling Off Balance?
- 12-12:30 pm.....The Mediterranean Diet
- 12:45-1:15 pm.....The Mediterranean Diet

Please return this form to:
Evangelical Community Health and Wellness
Three Hospital Drive, Suite 116
Lewisburg, PA 17837
or call 570-768-3200 to register.



570-768-3200
EvanHospital.com

Event Sponsor



PPL Electric Utilities

Event Supporter
The Centurion Group

26th ANNUAL
NATIONAL SENIOR HEALTH & FITNESS DAY
2019

WEDNESDAY, MAY 29
9 am-1 pm
The Miller Center for Recreation and Wellness
Lewisburg

In partnership with





WEDNESDAY, MAY 29
 9 am–1 pm
 The Miller Center for
 Recreation and Wellness
 Lewisburg

This event is an open-house format. Join us for the entire time, or stop in for a quick visit. Registration required for health seminars only. The day includes light refreshments, visits with vendors, trial of fitness activities, health seminars, free health screenings, and door prizes!

Evangelical Community Hospital's Senior Health and Fitness Day provides an opportunity to explore wellness and its many benefits through education and hands-on workshops. Participants learn methods for making positive changes in their lives.

More than 100,000 older adults participate in activities at over 1,000 locations throughout the United States as we celebrate the 26th annual National Senior Health and Fitness Day. The common goal for this day: to help keep older Americans healthy and fit. National Senior Health and Fitness Day is the nation's largest annual health promotion event for older adults.

SCHEDULE OF ACTIVITIES

HARDCOURT 1 AND 2

- Visit with vendors
 Free Health Screenings, including:
- Blood Pressure
 - Blood Oxygen
 - Skin Damage
 - Body Composition
 - Bone Density

HARDCOURT 3

- 9:15–10:15 am..... Silver Sneakers Circuit with Janice Leeser and Rebecca Wagner
 10:15–11:30 am..... Open Pickleball
 Noon Dance with Judi Parnass (Zumba Sentao)

HARDCOURT 4

- 9–11:30 am Open Pickleball
 11:30 am–1 pm..... Open Pickleball instruction with Ken Huling

FITNESS ROOM A/B

- 9:30 am..... Silver Sneakers Yoga with Sue Hefty
 10 am..... Chair Yoga with Dawn Shawley
 10:30 am..... Silver Sneakers Classic with Janice Leeser
 11 am..... Tai Chi with Fawn Landis

HIGH PERFORMANCE TRAINING AREA

- Noon Observe PWR! Moves Fitness Class (Parkinson's Program)

SCHEDULE OF HEALTH SEMINARS

- 9–9:30 am Lifestyle Tips for Happy and Healthy Aging
 9:45–10:15 am..... Are You Feeling Off Balance?
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Lifestyle Tips for Happy and Healthy Aging
HEATHER BARANOSKI
WELLNESS COACH, GROUP FITNESS INSTRUCTOR
The Miller Center for Recreation and Wellness

This seminar focuses not only on physical activity and nutrition, but also the importance of sleep, maintaining flexibility, socialization, coping with change, finding joy and the meaning in life, and mindfulness and gratitude.

Are You Feeling Off Balance?
JANINE FEE, MS, MPT
CERTIFIED VESTIBULAR THERAPIST
Evangelical Community Hospital

This session explores the human balance system and how a disturbance in that system can impact daily living. Learn about vertigo, how inner ear anatomy plays a role in the condition, and treatment options.

The Mediterranean Diet
KIMBERLY CRISWELL, RDN, LDN, CDE
DIETITIAN-NUTRITIONIST
Evangelical Community Hospital

This presentation on the Mediterranean diet focuses on the types of foods that make up this eating pattern, as well as the health benefits that can increase your longevity.