

# Active Aging Week

## September 23 to 29, 2018

### Schedule of Events

<b>Footwear and Foot Care</b>	Monday, September 24 9:00 - 10:00 am	Included with Membership Non-members: \$10	Presenter: Brian Scharfstein, Canadian Footwear
<b>Perfect Posture</b>	Tuesday, September 25 1:00 - 2:00 pm	Included with Membership Non-members: \$10	Presenter: Jessica Thomas, A.T., Reh-Fit Fitness Professional
<b>Home Sweet Home: Housing Options for Older Adults</b>	Wednesday, September 26 1:00 - 2:00 pm	Included with Membership Non-members: \$10	Presenter: Sylvia Visintin, A & O Housing Consultant
<b>Falls Risk Assessment</b>	Wednesday, September 26 10:00 am - 12:00 pm	Free - open to everyone	A Reh-Fit Fitness Professional will test your balance
<b>Eating As We Age</b>	Wednesday, September 26 7:00 - 8:00 pm Thursday, September 27 2:30 - 3:45 pm	Included with Membership Non-members: \$10	Presenter: Michelle Leaf, Reh-Fit Dietitian Tenille Sonnichsen, Reh-Fit Dietitian
<b>Common Medications for Aging Population</b>	Friday, September 28 12:00 - 1:00 pm	Free - open to everyone	Presenter: Salil Prashar, Taylor Walmart Pharmacist
<b>Community Health Fair</b>	Friday, September 28 9:00 am - 1:00 pm	Free - open to everyone	
<b>Community Open House</b>	Sunday, September 23 to Saturday, September 29	Free admission all week	

Register online or at the Reception Desk.



**Reh-Fit programs and services to help you stay healthy and active as you age:**

### **Add Some Fun**

Through our many recreational activities, you're bound to meet fellow members who share your interests. Work one of our recreational programs into your routine for some additional variety, challenge, and fun. Check out:

- Drums Alive
- Line Dancing
- Pickleball
- Walking Club

### **Find Out Your Limitations and How To Make Improvements**

Our assessments give you an awareness and understanding of the factors that have an impact on your health and how to

control them. Our skilled team is here to help you achieve success through our Postural Assessment and Functional Movement Screen.

### **The Perfect Escape From Everyday Stress**

Our mind/body programs will help you clear your mind, improve concentration, and develop muscle strength and stamina at the same time. Try Yoga, Pilates, and mindfulness.

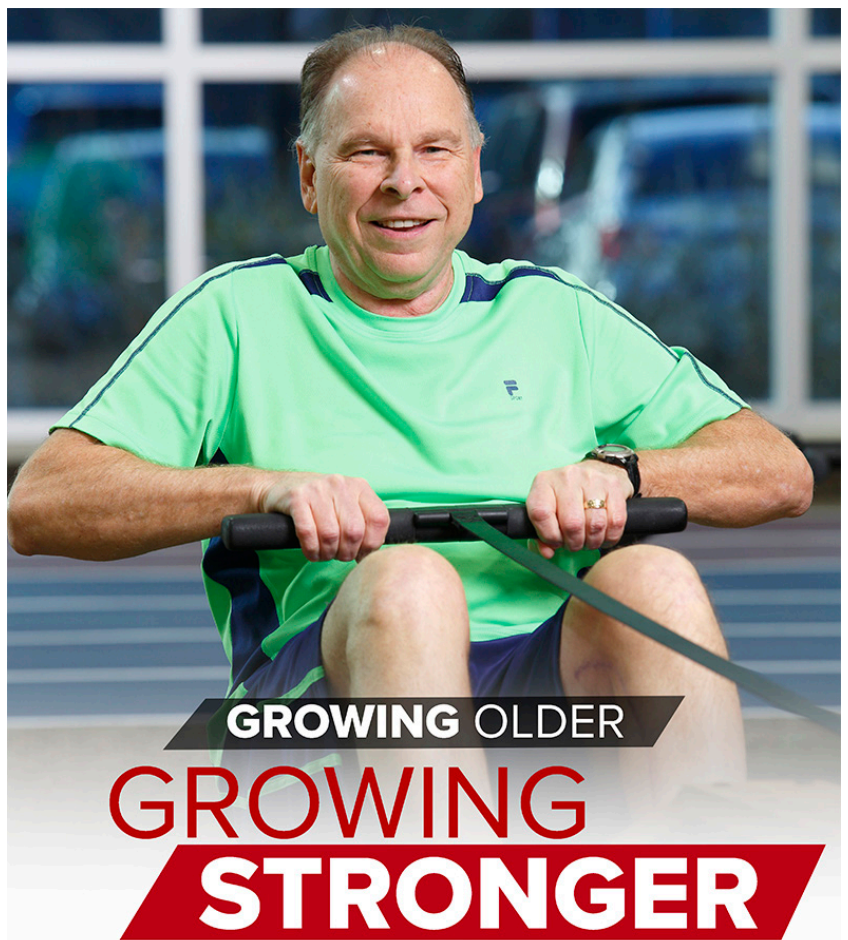
### **Take Your Fitness to the Next Level**

Team Move will get you moving, motivated, and push you to reach new goals through guided moderate-intensity functional fitness workouts.

### **Restore Your Health**

If you are suffering from a chronic disease, we can help. Our professional staff provide expertise and personal attention to help you reach and sustain a healthy lifestyle.

Also check out our many educational workshops, health screening clinics, and personalized services.



**Pick up our Fall Program Guide or view all programs and services on our website [reh-fit.com](http://reh-fit.com).**