



# National Senior Health and Fitness Day 2006

Wednesday, May 31, 2006 9am-3pm



Presented by:

**PriorityHealth**<sup>®</sup>

Life just got a little easier.<sup>SM</sup>

## Free Lecture Series

Room 200, just beyond the east staircase on the second floor.

Lecture series sponsor:



**SAINT MARY'S**  
HEALTH CARE

9:00 – 9:30 am

### The Importance of Proper Nutrition for People Over 50

Healthy food and lifestyle choices are key to adding vitality and preventing chronic disease. Learn tips, tricks and recipes.

**Speaker: Advantage Health physician TBD**

9:45 – 10:15 am

### Alzheimer's: A Simple Test

Forgetfulness is not always what you think. Know the difference. A simple Alzheimer's test will be offered.

**Speaker: Kevin Foley MD**

10:30 – 11:00 am

### Preventing Strokes: the Nation's #3 Killer

Know stroke. Know the signs. Act in time. Learn about the risk factors of stroke, signs to look for, and treatments available.

**Speakers: Tom Foster MD, FAAP, FACP, Advantage Health Physician and Jan Looman RN, MSN**

11:15 – 11:45 pm

### Oh My Aching Knee...and Hip, and Shoulder

Get back to doing! Learn tips for prevention as well as the latest treatments, including laparoscopic options.

**Speakers: David Rispler MD, River Valley Orthopedics and James Hudson MD, Advantage Health Physician**

12:00 – 12:30 pm

### The Latest in Cancer Treatment: Beyond Chemotherapy and Radiation

A panel discussion about the holistic aspect of cancer care including nutrition, fitness and exercise, emotional and spiritual support.

**Speakers: Amy Bragagnini MSRD, Kristi Tuck (not confirmed), Dan Sherman MA, LPC**

1:00 pm

### National speaker, Gail Sheehy

(Fine Arts Center auditorium)

The Forest Hills Fine Arts Center hosts another spectacular National Senior Health and Fitness Day headlined by guest speaker Gail Sheehy. Bestselling author Gail Sheehy will discuss her new book, *Sex and The Seasoned Woman: Pursuing the Passionate Life*. Her original landmark work, *Passages*, made history, remaining on The New York Times bestseller list for more than three years and has been reprinted in 28 languages. A Library of Congress survey named *Passages* one of the ten most influential books of our time..

2:30 – 3:00 pm

### Acupuncture for Pain Relief

Standard medications may not always relieve pain symptoms. Learn about the benefits of acupuncture.

**Speaker: Irving Marcus MS, OMD, Dipl. Ac. (NCCAOM)**



# National Senior Health and Fitness Day 2006

## Free!

### Free Lecture Series

See other side for a schedule and details!

### Free Health Screenings

Blood pressure, blood sugar, bone density, cholesterol, depression screening, and much more.

### Free Massages

### Free Exhibits

### Free Healthy Snacks

Snacks provided by D&W

## Win Prizes!

Buy a raffle ticket and you could win exciting prizes!

**Single tickets: \$1, Six tickets: \$5**

**Winners need not be present to collect their prizes.**

**Raffle will be held at 3 p.m.**

### Grand Prize

The Grand Prize winner will receive a night's stay for two at the Amway Grand Plaza (donated by the Amway Grand Plaza), dinner at The Grill at 1913 (donated by Homewatch CareGivers), and drop off/pick up sedan service in a Lincoln Town Car Sedan (donated by White Knight Limousine.)

### Second Prize

The Second Prize winner will receive a dinner gift certificate, a bottle of wine, and wine glasses from Bonefish Grill.

### Other Prizes

- One of six \$25 gift cards from Spartan Stores
- A \$25 gift certificate from Wild Birds Unlimited
- A gift certificate for one make over from Leslie Studio
- One of six \$5 gift certificates from Sheldon Cleaners

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**Awarded "Best Event in the Country!"**

**National Senior Health and Fitness Day**

**2004 & 2005**

**- Mature Market Resource Center**



Forest Hills Fine Arts Center  
600 Forest Hill Avenue SE  
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