

Noon - Aging Ahead Services Presentation. The Wentzville location will be here to discuss their services and the way that they can support you to stay independent in your own home. A **light lunch** will be served. Sign-up required.

10-4pm – Audiologist, Dr. Sarai Gomez will be performing hearing screenings and 1:1 consultations regarding your individual results.

1-3pm – Our very own Kathleen Johnson will be performing **Functional Fitness Screenings** to help you identify areas of weakness and strength to protect your everyday function.

1-3pm – Shirley Butler will be offering a 10 minute **CHAIR MASSAGE** focusing on your neck and shoulders.

2-2:30pm – Osteoarthritis & Treatment Options with Dr. Bell – Improve pain and increase mobility.

4-4:30pm – “Healthy Nutrition for Healthy Aging.” Tina Bowen, Clinical Registered Dietitian will discuss challenges in our diet as we age and what nutrients are important to promote good health.

5-5:30pm – The **Importance of Balance** with Dr. Will Bishop, Physical Therapist. Learn about balance, gait issues, assessments, and the available treatments.

5:45-6pm – Life Wave X39 with Beth Bates. Learn about this incredible technology that can help you be the best, healthiest version of yourself.

6:30-8pm – Christi Gleason will be offering a workshop on **Walking & Balance**. Falls are the number one cause of loss of independence. Let's learn how to combat that with good balance!



Wednesday, May 29

Join us for a day focused on
your health & well-being!

Additionally, we will have **information booths**
available throughout the day in the card room.
Times vary.

Please sign up for the workshops that you would
like to attend so that the presenters can prepare.
Sign-up sheets are located on the glass windows
outside the computer room.

All regular activities are cancelled 05/29 to allow
space for the workshops.

SCHEDULE OF EVENTS

8:30am – Let's Get Moving - Walk

9-11am – Functional Fitness Screening
with Kathleen Johnson

9-9:30am – Light Breakfast with Cassidy
Palmer, Nutrition Specialist

10-4pm - Audiology Screenings

10:30-11:30am– Pickleball Fitness

11:30am – Shoulder Fitness & Posture
Workshop with Mandy Wilmes, PT

Noon - Aging Ahead Services & Light Lunch

1-3pm - Functional Fitness Screening
with Kathleen

1-3pm - Chair Massage with Shirley Butler

2-2:30pm – Osteoarthritis & Current
Treatment Options with Dr. Bell

4-4:30pm Nutrition for Healthy Aging

5:00-5:30pm – Balance & Fall Prevention –
Athletico Physical Therapy

5:45 – 6:00pm Life Wave X39 with Beth
Bates

6:30-8pm – Walking for Balance with Christi

8:30AM – It's National Health & Fitness Day! Let's start the day off right with a **WALK**. So, grab your neighbor and come on up. You can choose from a ½ mile, 1 mile or 1.5 mile walk. After your walk come inside and enjoy the first round of speakers!

9:00AM - Cassidy Palmer (Nutrition & Health Specialist) with the University of Missouri Extension will be here to teach us about “**Cooking for 1 or 2**”. Additionally, she will discuss “**Dining with Diabetes**”.

A light breakfast will be served during her presentation.

9-11am – Our very own Kathleen Johnson will be performing **Functional Fitness Screenings** to help you identify areas of weakness and strength to protect your everyday function.

10-4pm – Audiologist, Dr. Sarai Gomez with the Center for Hearing & Speech, will be performing hearing screenings and 1:1 consultations regarding your individual results.

10:30 – 11:30am– Interested in **PICKLEBALL**? Join the trainer from Paddle Up Pickleball Club on the courts to discuss fitness & Safety. Also, Dr. Ron (Chiropractor) will be joining in to discuss stretching and injury prevention on the courts.

11:30am - “**Shoulder Strength and Posturing for Independence**”

Mandy Wilmes, with Axes Physical Therapy will talk to us about the importance of these components to improve our quality of life.