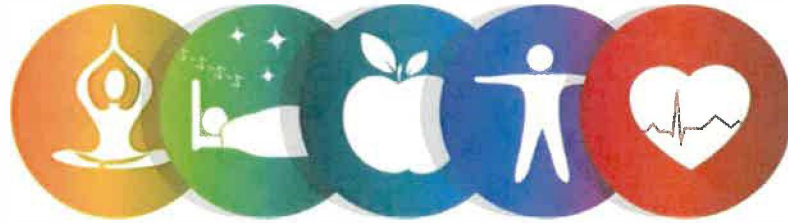


FREE

Senior Health & Wellness Fair



Saturday, October 14, 2023

12:00 to 2:30pm

Medical Information, Wellness Tests, Exercise Class Demos & More

- ⇒ The Armes Family Cancer Care Center - Highlighting the “Blow-up walk-thru Colon!”
- ⇒ BVHS Nutrition Services - Education over nutrition and cancer as well as a food sample
- ⇒ Hanco - “Safe at Home” program information
- ⇒ Woman Wise Mammography - Bone Density Testing using DEXA scanner
- ⇒ Bridge Home Health & Hospice – Staff to help with Advance Directives
- ⇒ Pulmonary & Critical Care Medicine - Lung cancer screening program and tobacco cessation
- ⇒ Blanchard Valley Orthopedics & Sports Medicine with Podiatry - Feet checks
- ⇒ Pain Management - Information and give-aways
- ⇒ OIO (Orthopaedic Institute of Ohio) - Balance Screenings
- ⇒ Hancock Public Health – Flu Vaccine and Covid Vaccine available
- ⇒ AAA3 will be providing \$50 gift cards to those that fill out a survey after vaccination
- ⇒ Findlay Hearing Center - Ear checks
- ⇒ Toledo Clinic Facial Plastics and Dermatology - Skin Checks
- ⇒ Smoothies in the Café - Free
- ⇒ Exercise Class Demos
- ⇒ FREE Personal Training Consults

50N

NORTH

ENRICHING LIVES.
SUPPORTING
INDEPENDENCE.

339 East Mel-
rose Ave.
Findlay OH
45840
419-423-8496

Senior Health & Wellness Fair

free for ages 50+

Saturday, October 14th

12:00-2:30 pm

50 North Wellness Center Exercise Class Demos

Pre-registration required through the Wellness Center.

Call 567.429.8382 to register.

No Wellness Center membership required to attend.

(20 minute class demos. See back side for class descriptions.)

Exercise Studio

(lower level)

12:15 EnhanceFitness®

12:45 SilverSneakers® Classic

1:15 SilverSneakers® Yoga

1:45 Power Up Combo

Track

(main level)

12:15 Seated Resistance Training **NEW!**

12:45 Standing Stronger **NEW!**

1:15 Seated Strength & Stretch

1:50 Cardio Drumming

Wellbeats™ Studio

(lower level)

12:15 Cycling

12:50 Tai Chi

1:30 Tai Chi

FREE Personal Training Consults

20 minute consultations with Sue Pasche

Limited time slots available.

**Enjoy smoothies in
the Marathon Café!**

12:00-2:00 pm

EnhanceFitness®

Evidence based group exercise class. A great aerobic workout consisting of cardio, strength training, balance, and flexibility exercises. Adjustable arm and ankle weights are offered for the strength training portion of class.

SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles and SilverSneakers® ball are offered for resistance and a chair is used for seated and/or standing support.

SilverSneakers® Yoga

SilverSneakers® Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Power-up Combo

45 minutes of different class formats from toning, cardio, weight training, circuit, or bootcamp style.

NEW^(T) Seated Resistance Training

Great way to make weight training fun! Experience the benefits of bone health and gain lean muscle mass with this 20 minute seated resistance training exercise class using hand weights, tubing and small balls. We encourage participants to arrive early or stay after class to walk or bike 5 minutes or more. (Walkers and walking sticks available.)

NEW^(T) Standing Stronger

Are you struggling with standing up from a seated position? A 30 minute class designed to encourage independence and to strengthen the body so participants can proceed from a seated position into a standing position. Participants may or may not be capable of standing independently but will strengthen body to work towards this goal.

(T) Seated Strength and Stretch

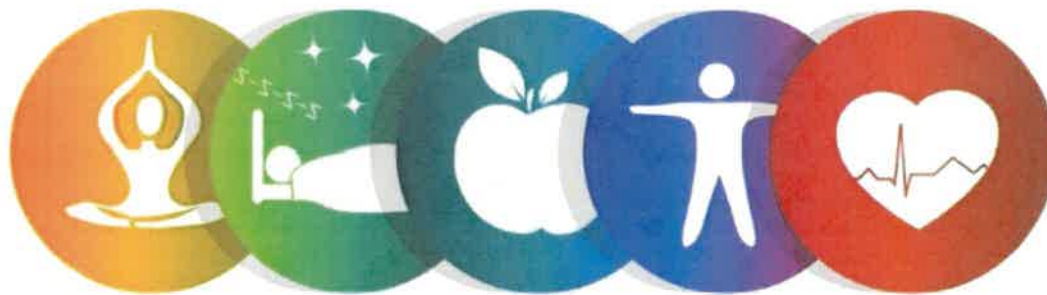
A seated class offering full body strength & core conditioning, posture & stretching. Wheelchairs are welcome.

(T) Cardio Drumming

Bringing together drumsticks and an exercise ball to create one of the most fun workouts you'll ever do. Class can be done all in a chair or standing. It uses the exercise ball to turn rhythm into a workout!

Wellbeats™

A virtual presentation of group exercise classes with the feeling of a live experience! Participants choose from a variety of classes. Virtual classes are projected large on a wall in our private exercise studio.



**The Senior Health & Wellness Fair has been made possible by
a grant from the
Findlay-Hancock County Community Foundation.**



**Thank you to the following business for participating in our 2023
Senior Health & Wellness Fair**

