

National Senior Health and Fitness Day

Wednesday, May 31, 2017

Join us as we celebrate National Senior Health and Fitness Day. This event is free and includes lectures, classes, raffles, exhibitors, refreshments and goodie bags. Meet with a Registered Dietitian, fitness professionals and other special guest lecturers. **Free balance screenings will be offered by Swedish Covenant Hospital Physical Therapists from 11 a.m.-12:30 p.m. Free cholesterol and blood pressure screenings will be provided from 9:30-11 a.m. and from 1-3 p.m.**

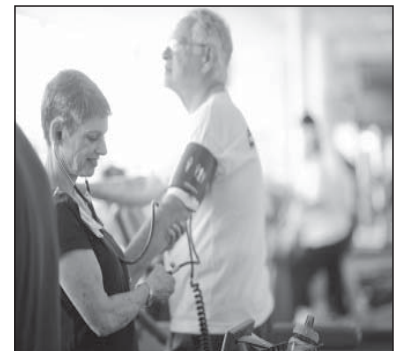
Date: Wednesday, May 31, 2017

Time: 9 a.m. to 7:30 p.m.

Location: Galter LifeCenter
5157 N. Francisco Ave.

Cost: Free for you and a friend.
Guests must bring a photo i.d. and complete a Physical Activity Readiness Questionnaire upon arrival.

Note: Make your reservation for individual classes, lectures and services at the Courtesy Desk or call 773-878-9936, ext. 5660.



**Seniors receive a 10% discount on all programs and services on May 31, 2017.
This is an additional 5% savings!**

For more information please contact Karen McAuliffe at 773-878-9936, ext. 2023 or kmcauliffe@SwedishCovenant.org

See reverse side for more event information



5157 N. Francisco Ave.
Chicago, IL 60625
773-878-9936
GalterLifeCenter.org

Class Schedule

9 - 10:15 a.m. **Yoga**
Studio 4 **Renee Chester**
 For the student with some Yoga experience. This class will refine alignment in the asanas, sequence combinations of poses, and use breath control techniques.

10 - 10:45 a.m. **AAE**
East Pool **Krista Booth**
 This program includes a 45-minute water exercise routine geared specifically to those with arthritis. Improve joint flexibility and coordination; reduce muscle weakness and decrease pain and stiffness.

10:30 - 11:30 a.m. **Tai Chi Chuan**
Studio 4 **Lin Shook Schalek**
 A meditative form of exercise that combines breathing techniques with slow movements that tone and stretch the body, improves balance, posture, and helps to reduce blood pressure.

11 - 11:45 a.m. **Let it Go**
Studio 2 **Ami Isett-Wallner**
 We'll inspire you to laugh, make some sounds, become more aware, and get in touch with your real self and desires, in the spirit of fun! Tune into your body and express yourself.

Noon - 12:45 p.m. **Chair Fitness**
Studio 4 **Tracy VonKaenel**
 A chair exercise class that will improve your range of motion, flexibility, aerobic capacity and endurance.

1 - 1:30 p.m. **Meditation**
Studio 4 **Tracy VonKaenel**
 Close your eyes and relax your mind. Follow a guided journey to release stress and tension and have a greater sense of well-being.

1:30 - 2:30 p.m. **Chair Yoga**
Studio 4 **Tracy VonKaenel**
 A gentle form of yoga utilizing the chair for support. Chair Yoga allows greater flexibility and joint mobility through breath and relaxation techniques.

1:30 - 2:15 p.m. **Intro to Aqua Funktional Barre**
East Pool **Erin Ruffolo**
 This class blends dance based barre exercises, functional training, agility drills and Pilates to condition the body. Use the noodle as the barre to train for flexibility and agility.

2:45 - 3:30 p.m. **Total Control®**
Studio 4 **Pelvic Wellness for Women**
Karen McAuliffe
 Certified Total Control® instructor, Karen McAuliffe will guide you through a sample of this unique program that empowers women to take control of their pelvic health with education and exercises that are appropriate for women of all ages.

6:30 - 7:15 p.m. **Aqua Yoga**
East Pool **Suzanne Harris**
 Relaxing aquatic exercise that allows focus on balance and strength using traditional yoga poses in the water.

Lecture Agenda

9:30 - 10:30 a.m.
Healthy Eating for Seniors
 Join Registered Dietitian, Kate Kinne to learn how our health and nutritional needs change as we age. Bone health, heart health, and staying sharp are just a few of the issues that will be discussed as you enjoy a healthy breakfast. Take home some practical tips and new recipes to try at home. **(Studio 3)**

10:30 - 11:30 a.m.
ER vs. ICC
 Marguerite Vitulski, Family Nurse Practitioner at the Intermediate Care Clinic at Swedish Covenant Hospital will speak about Over the Counter Medications and the ER (Emergency Room) vs. ICC (Immediate Care Clinic). **(Studio 3)**

11:30 a.m. - 12:30 p.m.
Medicare 101
 Confused about Medicare and your options? Join Humana Healthcare for a discussion about how to navigate the system and make the choice that's right for you. **(Studio 3)**

12:45 - 1:30 p.m.
Tech Fitness for Seniors: How to be a SMARTER Smartphone User
 Marge Campbell, Technology Specialist, will show you new ways your smartphone can save you time and effort... and maybe your life! **(Studio 2)**

Integrative Therapy Services

Massage Therapy Info Table **9 - 11 a.m.** **Near Studio 5**
 Licensed Massage Therapist, Kayla Kulans, will be discussing the benefits of massage for a variety of conditions that commonly affect seniors.

Acupuncture **9 - 11 a.m.** **Studio 5**
 Licensed Acupuncturist, Bridget Schrank will speak about the benefits of acupuncture and provide acupuncture samples. Samples will be about 15 minutes long.

Zen Shiatsu **10 a.m. - noon** **Acupuncture Room 1**
 Mary Ann Malloy, Certified Zen Shiatsu Practitioner will provide complimentary Shiatsu samples (15-minute sessions). Based on principles of acupressure/acupuncture meridians balancing stagnation in pathways where energy flows.

Screenings

Sign up for screenings on the day of the event on a first come, first served basis.

Cholesterol	9:30 - 11 a.m. and 1 - 3 p.m.	Nutrition Room
Blood Pressure	9:30 - 11 a.m. and 1 - 3 p.m.	Nutrition Room
Balance	11 a.m. - 12:30 p.m.	Studio 5

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