

Senior

Health & Fitness Day

May 29 | 9 am - 1 pm
Sam B. Cook Healthplex

Senior Health & Fitness Day is a time to explore the many senior-friendly physical activity options the Sam B. Cook Healthplex has to offer and to understand the importance of exercise and nutrition for ongoing health and illness-prevention. A healthy diet can boost energy and immunity. Regular exercise is necessary to retain bone mass, lower the risk of fractures, build muscle strength, and reduce the risk of falls.



Schedule of Events:

- 9:00 am Exercise As Medicine / Osteoporosis Prevention Talk • Oakview Room
- 9:30 am Benefits of Personal Training As You Age Talk • Oakview Room
- 10:00 am Functional Fitness Class • Group Fitness Room
- 11:00 am Free Health Screens • Fitness Center
Blood Pressure, Body Fat, Grip Strength, Posture, Body Mass Index
- 12:00 pm Healthy Cooking Demo with Damon Motley, RN, BSN • Atrium

Snacks & beverages will be available in the Atrium to those in attendance. Make sure to stop by the Membership Office to check out the specials & get a tour!

Pre-register for the events you plan to attend on sbchealthplex.crmc.org!



Sam B. Cook
HEALTHPLEX
Capital Region Medical Center

Better. Every day.

This is a free event open to all seniors in our community.



www.sbchealthplex.crmc.org