



September 21 - 28, 2013
www.activeagingweek.org

Active Aging Week Events Are Happening Here!

Pilates - 9/26

Yoga - 9/26

Healthy Living - 9/25

5k Walk / Run - 9/22

Ageless Grace - 9/25

Fit After 50 - 9/21

Orchard Tour - 9/26

Balance for Life - 9/25

Film Festival - 9/24

Brewery Visit - 9/27

Better Balance - 9/25

Playhouse - 9/27

Soiree! - 9/27

Strength & Balance - 9/26

Wellness Expo - 9/23

Fun and Fitness - 9/29

Eating Healthy - 9/26

Hand Massage - 9/26

Foot Care - 9/26

Gardens Tour - 9/24

Fitness Tutorial - 9/25

DISCOVER
YOUR
COMMUNITY

Sponsors



Carolina Village

The Center for Healthy Aging
A collaborative initiative of MAHEC,
UNCA, and WCU



CarePartners
HEALTH SERVICES

STRENGTH. WISDOM. GRACE
wnc **Woman**

Planning Committee

