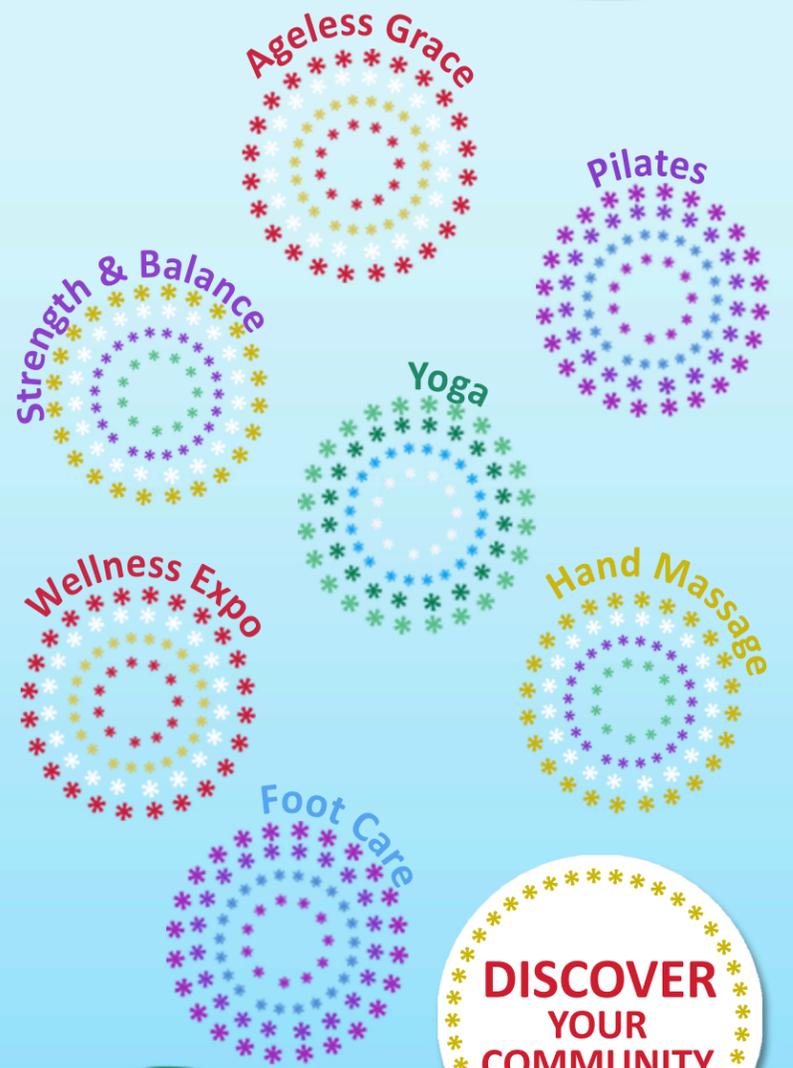




**September  
21 - 28, 2013**  
[www.activeagingweek.org](http://www.activeagingweek.org)



**DISCOVER  
YOUR  
COMMUNITY**

All events are FREE and open to the public!

**Wednesday, 9/25 and Thursday, 9/26**

## Discover WELLNESS in Your Community



**Silvermont Opportunity Center**  
364 East Main Street, Brevard

**Wednesday, September 25**  
1:00 - 1:50 pm *Ageless Grace* - exercise by Carol Gerson

**Thursday, September 26**  
9:00 - 10:00 am *Yoga Practice*  
11:15 am - 12:00 pm *Benefits of Juicing & Cleansing* - Brenda Baynard, Hallelujah Health Foods  
12:00 - 12:50 pm *Pilates demonstration/workshop* - Aleshka Cleveland  
1:00 - 1:30 pm *The Fantastic Foot* - Caring for the older foot. Learn 8 steps to foot health along with healthy exercises for the feet by Patti Begs from Elements Spa  
1:00 - 3:30 pm *Hand Massage* - Robert Anderson  
1:00 - 3:30 pm *Blood Pressure Checks* - by the Oaks of Brevard staff  
1:45 - 2:45 pm *Strength & Balance Exercise of Adults* - Bill Bailey, Personal Trainer

\*See Community Resource for more details on the wellness activities listed above.

**Monday, 9/23**

Land-of-Sky Regional Council's  
**2013 Wellness Expo**  
Biltmore Square Mall  
10 am - 2 pm  
Discover your community at this year's Wellness Expo. The discovery passport will guide you through health screenings, physical activity demonstrations, community resources and more. Call Stacy Friesland at 828-251-6622 for more information.



**Monday, 9/23**



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




**Planning Committee**



Land-of-Sky Regional Council  
Buncombe • Henderson • Madison • Transylvania Counties NC



wcca WESTERN CAROLINA COMMUNITY ACTION

### Community Resources\*

Please take time to visit these wonderful resources for well-being in our community:

**Elements Spa:** Elements Wellness Spa offers therapeutic massage, facials, foot & hand treatments, and body & energy therapies for health and wellbeing. Patti Beggs, owner and licensed massage therapist & reflexology practitioner will be speaking on 'The Fantastic Foot' caring for the older foot. We are offering 30 minute foot massage & soak for \$25 in our new foot bar. Your feet benefit from regular foot massage by improving circulation, stimulating muscles, reducing tension and alleviating pain.

**Hallelujah Natural Foods & Deli:** Providing a healthier grocery-store alternative in the Brevard, NC area, Hallelujah Health Foods offers organic and all-natural foods, supplements, vitamins and more. Using everything from homeopathic health remedies to organic deli meats, our associates are dedicated to helping you develop healthy lifestyle choices, starting with your diet. Offering: Natural foods, Organic deli, Vitamin supplements, Nutritional herbs, Homeopathic treatments, Aromatherapy oils, Nutrition consulting, Original gift basket ideas. We also offer nutritional consulting services, to help get you and your family on track.

**Through the Woods Natural Health:** Naturopathic doctors Glenn Ingram, ND and Marty Ingram, ND from Through the Woods Natural Health help people achieve optimal health at any age. They use a natural and holistic approach to address common complaints such as arthritis, digestive disturbances, insomnia, mental health issues and more. Drs. Marty and Glenn integrate herbal and nutritional supplements with any existing medications in a safe and effective manner. They spend a lot of time educating people on how to make good daily choices that lead to feeling better and having more energy and vitality. Through the Woods Natural Health is located upstairs at Food Matters Market in Brevard. For more information: [www.throughwoods.com](http://www.throughwoods.com) or 828-233-5576.

**Fitness Factory:** Personal; Trainer, Bill Bailey: Bill is a certified fitness trainer and strength coach who works at the Fitness Factory on South Broad Street in Brevard. He trains clients of all ages- from kids to senior adults. Each individual client is given a detailed Fitness Assessment which measures their current level of physical ability; a training regimen is then begun based on individual needs. Aging potentially causes individuals to lose strength, balance, muscle control and lung capacity. But with a very careful specific and progressive training approach, anyone who is willing and able can make improvements in all of these areas.

**Bill Bailey:** CPT-NASM, CPT-NSCA, CSN-NASN

**Ageless Grace led by Carol Gerson:** Ageless Grace®, created by fitness professional, Denise Medved, is a functional fitness and wellness program consisting of 21 Simple Tools (movements) for Lifelong Comfort and Ease. The natural movements, which are performed in a chair, promote healthy longevity of the body, mind, emotions and spirit. Each of the 21 Tools focuses on different aging factors, such as joint mobility, spinal flexibility, right-left brain coordination, bone density, muscle mass, cognitive function, fall prevention, systemic stimulation, humor, balance and confidence. Based on the science of neuroplasticity, all movements engage the five areas of the brain – strategic, analytical, memory/recall, creativity/imagination and kinesthetic learning. Practiced to up-beat and nostalgic music makes Ageless Grace® FUN and playful! Carol Gerson is a Certified Ageless Grace® Educator/Trainer.

**Aleshka Cleveland:** Pilates is a Certified Pilates Instructor here in Brevard. She received her training in New York City in 2003, and added to her training and credentials by passing the Pilates Method Alliance international exam in 2012. She has experience in working with Seniors who want to stay fit, recover from an injury or surgery, or safely build strength to help alleviate chronic pain. Aleshka teaches a weekly mat class at Brevard Yoga, and offers private equipment based workouts at The Studio of Pilates and Movement located within the Brevard Racquet Club. She also offers private or small group training sessions in client's homes. For further information feel free to contact her at: 828-577-6813.