



**September
21 - 28, 2013**
www.activeagingweek.org



**DISCOVER
YOUR
COMMUNITY**

Saturday, 9/21

Fit After 50 Day

The Neighborhood Y at Woodfin
1 - 5 pm

- Music Jam Tent with interactive synthesizer provided by MOOG Foundation
- Live entertainment featuring NPR Composer BJ Leiderman
- Leaf Schools in the Streets and Schools interactive dance
- Brain Games Tent
- Corn Hole, Bocce Ball, and Badminton
- Lectures
- Free Health Screenings
- Food Vendors
- Prizes, Raffle and More!



Sunday, 9/22

Blue Ridge Adventist Wellness Network Intergenerational Health 5K Walk/Run

UNC Asheville campus Sherrill Center
1:30 pm Registration
2 pm Walk/Run



All ages are welcome. Bring your children or grandchildren! For more information on the walk/run contact: David White, Coordinator

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.




Tuesday, 9/24

Wisdom Film Festival

UNC Asheville Sherrill Center
Mountain View Suite
12 noon - 6 pm

An intergenerational event featuring films, discussion and interactive activities exploring perceptions on aging. Come for all or part of this opportunity to engage elders and students in meaningful dialogue while enjoying fine cinema. Film schedule is available at www.activeagingweekwnc.org.




Wednesday, 9/25

Balance for Life Day

CarePartners Health Services
68 Sweeten Creek Road, Asheville
9:30 am - 1:30 pm



- Balance talks: the science behind balance, body mechanics for caregivers, and more
- Balance screenings and counseling with a physical therapist
- Balance-related mini health fair: learn about trekking poles and balance equipment

Registration required and lunch provided for participants. To register, contact Laura Chase at 274-9567 ext. 8379 or

Thursday, 9/26

Eating Healthy on a Budget! Project EMMA Day

(Eat better, Move More, Age well)

Vanderbilt Apartments
75 Haywood Street, Asheville
12 - 1:30 pm - Onsite Tailgate Market
2 - 3:30 pm - Cooking Demo with Chef Michael Gentry



A project of the Council on Aging of Buncombe County in collaboration with the Asheville YWCA. Contact Turkessa Baten 828-253-8024 or TurkessaB@coabc.org.

Photo courtesy of Naomi Johnson Photography

Friday, 9/27

Soiree!

Dance to Elvis for your Wellness!

Toy Boat, 101 Fairview Road, Asheville
7 - 10 pm (Doors open at 6:30)

A Fun(D) Raising Dance Party for the WNC Fall Prevention Coalition. **Music!** The Bruce Lang Band playing hits from the 50s, 60s, and 70s. **Entertainment!** The Runaway Circus with daring balancing acts. **Food!** Local and delicious. Tickets are \$20, available at www.activeagingweek.org or 828-251-7438.

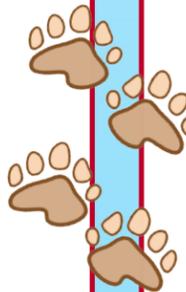


Sponsors



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





Planning Committee







