

Active Aging Week

many journeys many destinations

Choose your destination during Active Aging Week, September 22 - 29, 2012! This year's Active Aging Week theme "Many journeys, many destinations," recognizes that older adults choose to travel along individual paths based on their interests and needs. Destinations of good health and well-being allow better years of life.

Active Aging Week 2012 showcases the healthy choices and diverse opportunities available to older adults in Buncombe County. All Active Aging Week destinations are FREE and designed to optimize physical, social and mental well-being.

How can you participate?

1. Review the schedule of events in the brochure
2. Select the programs that you would like to attend
3. Drop-in or call for more information (register when indicated)
4. Show up!

Join the fun and lead the way as we transform outdated concepts about "seniors" into the new realities of active aging.



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Planning Committee



Sponsors



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



339 New Leicester Hwy., Suite 140
Asheville, NC 28806

Join us at the Wellness
Expo September 24!

many journeys
many destinations



ActiveAgingWeekWNC.org

many journeys many destinations

Saturday, 9/22

WALK TO END ALZHEIMER'S

Pack Square Park
9 am Registration
10 am Walk

We walk so future generations won't have to face Alzheimer's. Join 'Team Active Aging' start your own team or be a 'Virtual Walker'.

Register or get more information today at www.alz.org/walk or call 828-254-7363.



Sunday, 9/23

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 828-667-3711. For more information on how to prepare for a 5K contact a representative at the YMCA at lcraig@ymcawnc.org.

Monday, 9/24

Land-of-Sky Regional Council's 2012 Wellness Expo

Biltmore Square Mall
10 am - 2 pm

Come help kick-off Active Aging Week's Many Journeys, Many Designations by taking a wellness journey at this year's Expo. There will be free health screenings, samples, healthy snacks, exercise demonstrations, and much more! For more information contact Shanaia Powell at 828-251-7461.



Tuesday, 9/25

Journey Within Destination: Relaxation

A Meditative Approach to Stress Reduction for Everyone



Asheville Movement Center
9:30 am - 1:30 pm

9:30 - Modern Meditation
10: 45 - Qi Gong for Stress Relief
11:30 - Practical Zen for Beginners
12: 45 - Reduce Tension with Awareness Through Movement®

Details and directions: www.ashevillemovementcenter.com or call 828-258-7220.

Wednesday, 9/26

Eating Healthy on a Budget! Project EMMA Day

(Eat better, Move More, Age well)

Battery Park Apartments
2 - 5 pm

- Nutrition/Buy Local Talk
- Walk to Montford Tailgate Market
- Cooking Demo with Chef



A project of the Council on Aging of Buncombe County in collaboration with the Asheville YWCA. For more information Contact Cyndy Wallhausser 828-252-7995 or cyndyw@coabc.org

Photo courtesy of Naomi Johnson Photography

Thursday, 9/27

Balance for Life Day



CarePartners Health Services
68 Sweeten Creek Road, Asheville
10 am - 2 pm

Educational talks and classes, balance screenings and balance counseling.

Registration Required. Free lunch for registered participants. Contact Laura Chase at 828-274-9567 ext. 8379 or email lchase@carepartners.org for more information.

Friday, 9/28

Predictors of Successful Aging with Dr. Eisdorfer



Osher Lifelong Learning Institute at UNCA (formerly the NC Center for Creative Retirement)
Reuter Center, Manheimer Room
11:30 am - 1 pm

Dr. Eisdorfer is a distinguished leader in the fields of aging, stress, cognition and dementia. This presentation will focus on:

- Living Longer and Better
- Mind / Body Connection
- Maintaining Cognitive Health
- Emerging Models of Aging

Lunch is available for purchase at the Reuter Center Café or bring your own.

Saturday, 9/29

"Fit After 50 Day"

Presented by the Woodfin Community Center and YMCA Recreation Field
12 Noon - 5 pm

Softball and Kickball
Put Play in Your Day - Lawn Games
Good Eats Corral - Local Food Vendors
Lecture Tent - Engaging Health Talks
Live Music and Activity Stage - Blue Grass Bands
Bring your instruments and be ready to jam!

Contact Diane Saccone at 828-505-3990 for details.

