

many journeys
many destinations

All events are FREE and open to the public!



UNCA - Sherrill Center

Battery Park Apartments

CarePartners

Woodfin & YMCA

Osher Lifelong Learning Institute at UNCA

Pack Square Park

Biltmore Square Mall

Asheville Movement Center

September
22 - 29, 2012

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
2:00 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.com.

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 field 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.



Sponsors



Planning Committee



ActiveAgingWeekWNC.org