

## Active Aging Week

many journeys many destinations

Choose your destination during Active Aging Week, September 24 - 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 diverse opportunities for Henderson County walking destinations. All Active Aging Week walks are FREE and designed to optimize physical, social and mental well-being.

How can you participate?

1. Review the schedule of walks and events in the brochure
2. Select the programs that you would like to attend
3. Show up!
4. Ask the walking leader to initial your Active Aging Week Walking Passport for your chance to win!

Join the fun and lead the way as we transform outdated concepts about "seniors" into the new realities of active aging.



## Walk Tips

1. First and Foremost - Well Fitting Shoes and Comfortable Clothes (Gary Eblen, Diamond Brand).
2. How do your feet hit the ground? Heel first? Outsides? Is each step a crash? How do you push off? With one toe? No toes? Slow down and pay attention, you may find it changes your stride and your comfort (Lavinia Plonka, Movement Instructor, Asheville Movement Center).
3. Swing your arms normally. Keep elbows bent at 90 degree angles to prevent numbness and swelling in your hands and fingers. Keep your head level with your eyes looking 15 to 20 feet in front of you, not down at the ground (Karen Saine, Henderson County Parks and Recreation).
4. Use your abdominal muscles and hip flexors to lead your leg for the first step. Roll forward and push from your toes to begin the next step (Karen Saine, Henderson County Parks and Recreation).
5. The musculo-skeletal system works best when there is variety in activity. Hiking on an uneven trail lubricates the hip joints and keeps the ankles flexible. If you walk on a level surface, play with varying your walk: turn your feet out for a few steps, wiggle your hips in a new way, lift your knees, shorten and lengthen your stride. You'll have fun and hurt less (and you'll really confuse your neighbors!) (Lavinia Plonka, Asheville Movement Center).

## Sponsors



CarePartners  
HEALTH SERVICES

**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!

PRSRT STD  
US Postage Paid  
Asheville, NC  
Permit #367

many journeys  
many destinations



many journeys many destinations

ActiveAgingWeekWNC.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 Patty Cameron at 828-251-6622.



**Planning Committee**



**Monday, 9/24**

**Lewis Creek Preserve**

9:30 - 11 am

**Leader: Laura Bochner, Carolina Mountain Land Conservancy**

Join us for a 0.75 mile walk and educational experience at the Lewis Creek Preserve in Edneyville. Meet at the Edneyville Community Center(ECC) for a brief overview and history of the preserve. The Parks van will take us to Lewis Creek Preserve for a guided bird walk. In case of inclement weather we will still meet at ECC for refreshments and the education about the preserve.

**Thursday, 9/27**

**Fletcher Park Walk**

10 am - 12 noon

Join the Park Ridge Health Wellness Team on a scenic walk through Fletcher Community Park. Selected as one of the best parks in WNC, Fletcher Community Park offers 3.5 miles of greenway, numerous recreation facilities and an arboretum garden. The Park Ridge Health Wellness on Wheels (WOW) van will be on site offering free body composition analysis. The Health Adventure will lead a Tai Chi demonstration.

**Friday, 9/28**

**Water Cascade Walk**

9 am

**Leaders: Rachel Heath & Adam Fisher**

Come and get the weekend started off right with a moderately strenuous walk through Laurel Park. Meet at 9am at the Hendersonville Family YMCA. Learn important information about staying active and healthy to help you enjoy your days. This walk will have a steady and gradual incline the first 2 miles and then a nice 1.5 mile descent down a gravel path back into town. This walk is hosted by the Hendersonville Family YMCA.

**Tuesday, 9/25**

**Historic Hendersonville Walk**

10 am - 12 noon

Meander Main Street with local historian, Lu Ann Welter, and learn some of the history and stories of Hendersonville, stopping at points along the way. Meet at City Hall (145 Fifth Avenue at the corner of Fifth Avenue and Main Street) second floor lobby. Park behind building.

**Thursday, 9/27**

**Bullington Center Garden Walk**

3 - 5 pm

The Bullington Center Garden Walk combines health, nature and education as walkers explore a beautiful botanical garden in their community. This guided walk will tour the Bullington Center's various ornamental gardens in different settings that incorporate unusual trees and a wide palette of herbaceous plants. Participants will enjoy a peaceful walk in a natural setting.

**Friday, 9/28**

**Building Better Balance**

**Fall Risk Screening**

8 - 10 am

**Blue Ridge Mall**

Building Better Balance Screenings will take about 10 minutes and includes a few questions and completion of one balance activity. Participants will then receive information on resources to continue to build better balance and reduce the likelihood of a fall.

**Wednesday, 9/26**

**Greenway Walk**

9 am

**Leader: Gary Eblen, Diamond Brand**

Enjoy Hendersonville's accessible Oklawaha Greenway with a walk to Jackson Park and back (four miles round trip). Meet at Patton Park at the shelter between the basketball courts and the walking bridge over Brittain Creek. The Greenway follows a channel of Mud Creek for some distance and passes through a wetland which has been home to a variety of birds. Please bring water, and comfortable walking shoes.

**Walk Passport**

Attend three or more walks and return your card to any walking site for a chance to win prizes.



**Where did you walk?** (ask the Active Aging Week walk leader to initial walk)

- Lewis Creek Preserve
- Historic Hendersonville Walk
- Greenway Walk
- Fletcher Park
- Bullington Center Garden Walk
- Water Cascade Walk

Name: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

**For Your Chance to Win!**  
Please return completed brochure to any walking site listed or mail to Rebecca Chaplin, Land-of-Sky Regional Council, 339 New Leicester Hwy. Suite 140, Asheville, NC 28806 by October 5th. Drawings will take place on October 9th.