

many journeys  
many destinations

All events are FREE and open to the public!



ActiveAgingWeekWNC.org

**Monday, 9/24**

**Marshall Guided Walking Tour  
9:30 am**

The historic town of Marshall, nestled between rocky cliffs and the scenic French Broad River, celebrates its colorful past while passionately embracing the present....Main Street, lined with original buildings is home artists' studios, galleries, music and more! Meet a volunteer walking guide at 9:30 am at **Lapland Bookshop**, 147 N Main Street.

**Volunteer Opportunity** following walk at Barnard Park located at 1995 Barnard Road.

**Tuesday, 9/25**

**Hot Springs Guided Walking Tour  
9:30 am**

A popular resort since the early 1800s, Hot Springs is situated at the junction of the Appalachian Trail and the French Broad River. The town is named for the reputedly therapeutic hot mineral springs that continue to draw visitors today. Meet a volunteer walking guide at 9:30 am at **Washburn Cottage** 29 Walnut Street to learn more!

**Volunteer Opportunity** following walk at Hot Springs Community Learning Center located at 356 NW US 25/70 HWY.

**Wednesday, 9/26**

**Mars Hill Guided Walking Tour  
9:30 am**

Mars Hill is a town that is rich in history, character, and people. The town's history is inextricably linked with that of Mars Hill College, the oldest educational institution still in its original location in Western NC. Meet a volunteer walking guide at 9:30 am at the **Vann House**, 260 S. Main Street to learn more!

**Volunteer Opportunity** following walk at Mars Hill Elementary School Garden located at 800 Bailey Street.

For additional information about any of the Walking Tours listed, please go to [www.visitmadisoncounty.com](http://www.visitmadisoncounty.com), contact Deana Stephens 649-3531 or call Madison County Parks and Recreation at 649-3635.

**Thursday, 9/27**

**Friday, 9/28**

**SENIOR WELLNESS FAIRS**

Join us at one of our Senior Wellness Fairs!  
**FREE HEALTH SCREENINGS!**  
Free Healthy Refreshments & Lunch!  
Flu Vaccinations:

Madison County Residents 65 and older - Bring Medicare Card  
Madison County Residents 55 to 64 - \$25 cash/check



**Thursday, September 27**  
**Hot Springs Elementary Gymnasium**  
62 Serpentine Avenue, Hot Springs  
9 - 11:30 am

Screenings and Healthy Aging information include:

- Glucose
- Blood Pressure
- BMI (Body Mass Index)
- Skin Cancer
- Spinal Health Screening
- Balance Screening & MORE.....

**Friday, September 28**  
**Madison County Cooperative Extension**  
258 Carolina Lane, Marshall  
9 am - 12 noon

Screenings and Healthy Aging information include:

- Glucose
- Blood Pressure
- BMI (Body Mass Index)
- Skin Cancer
- Spinal Health Screening
- Balance Screening
- Therapeutic Massage & MORE.....

**Sponsors**



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

**Planning Committee**

