

many journeys
many destinations



ActiveAgingWeekWNC.org

Thursday, 9/27

Road Map to Wellness: A Sampling of Complementary and Alternative Medicine

Silvermont Opportunity Center
364 East Main Street, Brevard
9 am - 12 noon

Learn more about through educational sessions and samplings of Complementary and Alternative Therapies during Active Aging Week. Therapies such as:

- Reflexology
- Cranial Sacral Therapy
- Acupuncture
- Hand Massage
- Chair Massage
- Healing Touch
- Roling - Structural Integration
- Hypnotherapy
- And more!

Walk-in or call for more information:
828-884-3166



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 or visit
www.landofskyrsvp.org/2012-wellness-expo

All events are FREE and open to the public!

Sponsors



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



Planning Committee

