

# 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. All Active Aging Week destinations are FREE and showcase the opportunities, in Western North Carolina, to optimize physical, social and mental well-being. For more information visit [www.activeagingweekwnc.org](http://www.activeagingweekwnc.org) or call 828-251-7438.

### Saturday - September 22

**Walk to End Alzheimer's** - Pack Square Park

### Sunday - September 23

**Blue Ridge Adventist Wellness Network Intergenerational Health 5K Walk/Run** - UNCA campus Sherrill Center - 1:30 pm

### Monday - September 24

**Wellness Expo** - Biltmore Square Mall - 10 am to 2 pm

**Lewis Creek Preserve Walk** - 9:30 am

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

### Tuesday - September 25

**Journey Within, Destination: Relaxation** - Asheville Movement Center - 9:30am- 2pm

**Historic Hendersonville Walk** - 10 am

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

### Wednesday - September 26

**Eating Healthy on a Budget, Project EMMA Day** - Battery Park Apartments - 2-5 pm

**Oklawaha Greenway Walk** - 9 am

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

### Thursday - September 27

**Balance for Life Day** - CarePartners - 10 am to 2 pm

**Fletcher Park Walk** - 10 am to 12 pm

**Bullington Center Garden Walk** - 3 to 5 pm

**Senior Wellness Fair** - Hot Springs Elementary Gymnasium - 9 am to 1 pm

**Taste of Therapies** - Silvermont Opportunity Center - 9 am to 12 pm

### Friday - September 28

**Predictors of Successful Aging with Dr. Eisdorfer** - Osher Lifelong Learning Center at UNCA (formerly the NC Center for Creative Retirement) - 11:30 am to 1 pm

**Watercascade Walk** - Laurel Park - 9 am

**Building Better Balance Fall Risk Screening** - Blue Ridge Mall - 8 to 10 am

**Senior Wellness Fair** - Madison County Cooperative Extension - 9 am to 1 pm

### Saturday - September 29

**Fit After 50 Day** - Woodfin Community Center & YMCA Recreation Field - 12 to 5 pm



### Sponsored By:



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