



HEALTH EDUCATION SAMPLE WORKSHOPS

- Have You Seen My Keys
- Caregiver Stress
- It's Your Brain - Use It or Lose It
- Awareness Through Movement

PHYSICAL ACTIVITY WORKSHOPS

- Disc Golf
- EnhanceFitness
- SilverSneakers
- Strength Training
- Wii Fit

SENIOR OLYMPIC SPORT CLINICS

- Basketball Free Throw/
3-point shot
- Bowling Pins
- Golf Putting
- Pickleball
- Shuffleboard
- On-line Registration

Exercise bands will be given away FREE to the first 40 attendees participating in the Strength Training Workshop

For Program information,
contact:

Angela Jaramillo, 575.642.0133
NMSO, 1.888.623.NMSO (6676)
or Cristina Villa,
Santa Fe 50+ Senior Olympics,
505.955.4725

ANNOUNCING FOR SANTA FE

New Mexico Senior Olympics, Inc.
presents:



Health Workshops, Sports Clinics and Activities

Thursday, May 6, 2010

Genoveva Chavez Community Center

3221 Rodeo Road

8:00 AM - 3:00 PM

- FREE TO ALL SENIORS
- REFRESHMENTS
- FREE HEALTH SCREENINGS
- *LUNCH

SCHEDULE

8:00 AM **Check-In and Morning Refreshments**

8:30 AM **Welcome/Keynote Address**

Successful Aging in New Mexico

Lena G. Smith, Ph.D., Chief Operating Officer, Retreat Healthcare - This presentation will discuss successful aging by providing positive strategies, lifestyle choices and brain health tips that can make our later years more enjoyable.

10:00 AM **Session I - Concurrent Workshops**

11:00 AM **Session II - Concurrent Workshops**

12:00 PM ***Lunch - Sports Center Café/Bring your own**

1:00 PM-3:00 PM **Session III Sport Clinics/Physical Activities/
Demo Class**

Senior programs are encouraged to bring van loads.
Travel scholarships available, call NMSO Director.