



HEALTH EDUCATION SAMPLE WORKSHOPS

- Have You Seen My Keys
- Making Sense of Medicare Part D
- Awareness Through Movement
- Strength Training Without Weights
- Caregiver Stress
- Heart Health
- Diabetes and Nutrition

PHYSICAL ACTIVITY WORKSHOPS

- Wii Fit
- Tai Chi
- Disc Golf

SENIOR OLYMPIC SPORT CLINICS

- Huachas
- Line Dancing
- Pickleball
- Shuffleboard

Free Health Assessments
10:30am - 2:30pm

**Blood Pressure
Blood Glucose**

**Provided by
UNM Health Science Services**

Wii Fitness Demonstration
Check out the latest gaming
craze! A combination of
fitness and fun

**For Program information,
contact:
Angela Jaramillo, 575.642.0133**

ANNOUNCING FOR ALBUQUERQUE

**New Mexico Senior Olympics, Inc.
presents:**



Health Workshops, Sports Clinics and Activities

Thursday, February 11, 2010

Manzano Mesa Multigenerational Center

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**

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

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

12:00 PM ***Lunch**

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

***Please plan to bring your lunch or purchase lunch from
Manzano Mesa by calling the center at least 1 day
prior to the TREK at (505) 275-8731.**

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