

You Are Invited...

**Wednesday,
May 30th
9:00am-4:00pm**



**35 West Brown Road
Mesa, AZ 85201**

"Active Today...Healthier Tomorrow!"



Donna Lewen

(formerly Adler), BA, ATRIC has dedicated her life to aquatics for more than 25 years and currently provides services at the Ahwatukee Recreation Center, Ability360, Brookdale Communities, and American Orchards. Beyond her active practice, she facilitates workshops on spiritual self-mastery. Donna is also an AquaStretch™ facilitator/trainer, the ATRI 2012 Tsunami Spirit Award Recipient, the Regional Public Service Award recipient, 2013 University of Pittsburgh Community Service Award recipient, and was named Aquatic Therapy Professional of the Year (2016). She is an international presenter and on faculty at the Aquatic Therapy & Rehab Institute.



Jayne Reynolds

Jayne is a Board Certified Holistic Nutritionist®. Her passion for the holistic wellbeing of people began after her own journey to wellness led her to the Energetic Health Institute. After graduating and taking her board exams with the National Association of Nutrition Professionals, she opened the Abundant Life Nutrition and Wellness Center on campus. Here she provides custom nutrition plans, and coaching for our residents and the public. She loves to teach and provides informative monthly classes, writes for the newsletter, and researches delicious new recipes for the dining room. Her hope is that she will help all those who cross her path restore their health, reduce their stress, and rediscover their joy.



FELLOWSHIP SQUARE
HISTORIC MESA

NATIONAL SENIOR HEALTH AND FITNESS DAY 9:00AM - 4:00PM

9:00 WELCOME

9:15 - 10:00 YOGA/TAICHI CLASS

10:00 - 10:30 BREAK - COFFEE/FRUIT

10:30 - 11:30 - PRESENTATION "BRAIN, BALANCE AND EXERCISE"

12:30 - 1:00 BALANCE CLASS

11:30 -12:30 - LUNCH BREAK

12:30 - 1:30 CREATIVE ART PROJECT

1:30- 2:00 - BREAK

2:00 - 2:30 -

2:30 - 3:00 - "FOOD FOR THE BRAIN" PRESENTATION

3:00 - 4:00 - "DIABETES AND WATER EXERCISE" PRESENTATION

SENIOR FITNESS DAY FAIR

9:00 -4:00 15 MINUTE CHAIR MASSAGE

ALL DAY-ACTIVITY BOOTHS INCLUDE:

TOSS AND WIN GAME

TRIVIA CHALLENGE

JUMBO YAHTZEE

DOOR PRIZE RAFFLES

PUTT PUTT GAME

BLOOD PRESSURE CHECKS

If interested in participating in this event
Please RSVP Life Enrichment 480-290-7014