

Step Up to Wellness Day

Thursday, July 26, 2007 9:30 – 1:30 PM

H. & C Burnside Senior Center

65 Grahl Dr., Coldwater, MI

Ph. 517-279-6565

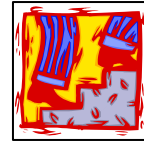
Sponsored by Branch County Commission on Aging, Community Health Center of Branch County, Southern Michigan Diabetes Outreach Network, Area Agency on Aging III, Pines Senior Respite Program, and Community Action Agency of South Central Michigan.
Funding provided in part through the National Family Caregiver Support Program

AGENDA

9:30 AM – 1:30 PM



Blood Pressure Screening – South Hall
Blood Sugar Screening - Exercise Room
Diabetes Foot Exams – Exercise Room
Fly Fishing Demonstrations – Wood Shop
Mini Massage Sessions- Clinic



9:30 AM – 1:30 PM Exhibits

Lessons in Activity Rm.

Tai Chi

9:30-10:00 AM and 10:30 – 11:00 AM
and

Dance Lessons

10:00 – 10:30 AM and 11:00 – 11:30 AM

9:50– 10:30 AM Presentations

(Attend your choice)

- Grahl Room: “**Stand Strong for Life –Falls Prevention for Older Adults**”

Presented by Marian Labadie, RN and ER Director
–CHC of Branch County Emergency Department

- Dining Room: “**Early Warning Signs of Alzheimers Disease**”

Presented by Marynell Noonan
– Alzheimers Association

10:40– 11:20 AM Presentations

(Attend your choice)

- Grahl Room: “**Adult Immunizations/Common Adult Infections**”

Presented by Candy Cox
–Branch-Hillsdale-St Joseph Community Health Agency

- Dining Room: “**Healthy Food and Fun**”

Presented by Valarie Albright
– MSU Extension

11:30 AM – 1:00 PM Lunch

(Dining Room or Tent)

Sponsored by

Community Action Agency of South Central Michigan

1:00 PM Door Prizes

In Atrium