



MOVING AND GROOVING

Learn How To Age With Style

Women's History Program

Lawrence Senior Center, March 28, 2018, 11:00am

A presentation by Joan Brame, Ph.D., Owner of Empower Fitness Gym for Women

If you plan to attend and stay for lunch

You must register with Nutrition in advance

- 1. Find your why? ... your motivation**
- 2. Embrace a healthy attitude toward aging**
- 3. Make a choice to NOT LET GO**
- 4. Think happy thoughts and keep dreaming**
- 5. Create a home that is safe and comforting**
- 6. Be smart in managing your health care**
- 7. Nurture your mental sharpness**
- 8. Sit less. Move more. Sit less. Move more.**
- 9. Vary your exercise...strength, balance, cardio, stretching**
- 10. Keep laughing**
- 11. Keep an eye on the scale and your waistline**
- 12. Eat well most of the time**
- 13. Chill out...have tools to manage your stress and anxiety**
- 14. Get your zzzzzz...sleep well**
- 15. Do not grow old alone. Do not grow old alone.**
- 16. Get outside yourself...big picture**
- 17. Be kind to yourself and others...always**
- 18. Make one simple change...it's never too late to improve**