

Friday, October 14th, 2011

Time: 9:00—1:30 pm

Senior Citizen Wellness Day

9:00—9:30	Continental Breakfast
9:30—10:00	Welcome Presentation
10:00—11:00	Adrian Porter, RD, LD Akron General Wellness Center The Latest in Nutrition Science
11:00—11:15	Break
11:15—11:45	Joyce Lovelace, RN, BA Visiting Nurse Association Wellness: Body, Mind & Spirit
11:45—12:30	Dr. Balchunis; Cleveland Sight Center Low Vision Rehabilitation
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11:00—12:30	Ongoing Wellness Activities
	<ul style="list-style-type: none">• Cleveland Metroparks Zoo Volunteer: Barbara Von Benken• C.A.P.A. Wellness Craft
Sign-up only	Mini Chair Massages
12:30—1:30	Lunch

**Sponsored by Brentwood Health Care and
Home Care Center**

The cities of Brecksville and
Broadview Heights Human
Services Departments along with
C.A.P.A Present:

The 14th Annual Senior Wellness Day

The City of Brecksville
Human Services Center
2 Community Drive
Brecksville, Ohio 44141

***Reservations Required
Contact:***

***Ted Lux, Brecksville
Human Services Director
Phone: (440) 526 -2499***

***or
Amy Washabaugh, Director
Broadview Heights Human Services
Phone: (440) 526-4685***