



*Fitness happens every day at SSC*  
**HEALTH & FITNESS FEBRUARY 2018**




*Fitness donation requests: Drop-ins, \$2.00; 10 visit punch cards, \$20*

<p><b>MONDAY</b>  <i>For Beginners</i>  <b>TAI CHI</b>                  for  <b>BALANCE/                  ARTHRITIS</b>  <b>8-form</b>  <i>Volunteer-Led</i>  <b>9:20am</b></p> <p>~ ~ ~</p> <p><b>SAIL #1</b>  <b>10:30am</b>  <b>NEW CLASS:</b>                  Mon., Feb. 5th</p>	<p><b>TUESDAY</b></p> <p><b>SAIL #2</b>  <b>9:30am</b>                  with Rachel Dow</p> <p><i>Advance sign up                  required for the                  8-week SAIL                  program</i></p> <p><b>NEW CLASS:</b>  <u>Tues., Mar. 20th</u></p>	<p><b>WEDNESDAY</b>  <b>TAI CHI</b>                  for  <b>BALANCE/                  ARTHRITIS</b></p> <p>Instructor                  Angela Brown  <b>9:20am</b>                  ~ ~ ~  <b>SAIL #1</b>  <b>10:30am</b></p>	<p><b>THURSDAY</b></p> <p><b>SAIL #2</b>  <b>9:30am</b>                  with Rachel Dow</p> <p style="background-color: #FFDAB9; padding: 10px; text-align: center;">No line dancing                  in February                  and March</p>	<p><b>FRIDAY</b>  <i>For Beginners</i>  <b>TAI CHI</b>                  for  <b>BALANCE/                  ARTHRITIS</b>  <i>Volunteer-Led</i>  <b>9:20am</b>                  ~ ~ ~  <b>SAIL #1</b>  <b>10:30am</b></p>
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**FOOT CARE**  
 Tuesday, Feb. 13th  
 9:00am - 11:00am  
**Must sign up by 10:00am for service**




**BLOOD PRESSURE CHECKS**  
 Linda Foote RN  
 2nd FRIDAY of the month:  
Friday, February 9th, 11:00am-12:30pm

**TAI CHI WORKSHOP**  
**TRAIN THE TRAINER**  
Sat. & Sun, March 24<sup>th</sup> and 25<sup>th</sup>  
 9:00am to 5:00pm

Do you want to become a certified teacher to teach Tai Chi for Falls Prevention? Contact Dana in the office for more information.

**“Partners in Healing”**  
**Free PREMIER VIEWING**  
Thursday, Feb. 1st, 6:30pm @ RAE Bldg.  
 Affinity Films, a non-profit in Anchorage

This one-hour documentary introduces integrative medicine in a healing and restorative film set in beautiful Alaska. Producer & Director, Mary Katzke will be available




**AGING MASTERY<sup>®</sup> PROGRAM**  
 Open to all aged 50 yrs.+  
 The Aging Mastery Program will bring you together with knowledgeable and trained instructors covering important aging topics. **Incentives and participant rewards** are part of the curriculum and include **grocery purchase cards, gym memberships, a complimentary hot lunch, and more.** Don't miss out on this unique opportunity!

**COURSE TOPICS INCLUDE:**

- Medication & You
- Exercise & You
  - Sleep
- Healthy Eating & Hydration
  - Financial Fitness
  - Advance Planning
- Healthy Relationships
  - Falls Prevention
- Community Engagement

**SIGN UP NOW for the 10-week session!**  
*Sponsored by:*



**SEWARD AREA HOSPICE**  
 909 3rd Avenue, Suite C, Phone: 224-3051  
 (Phoenix Building across from Wells Fargo)  
Open: Tuesday through Friday: 10:00am to 2:00pm