2012 SENIOR HEALTH & FITNESS DAY-
“Get Moving…Start Improving”
Wednesday, May 30, 2012
Hosted by Burke Rehabilitation Hospital
Sponsored by:
The Fitness Center at Burke
White Plains Hospital Center – Division of Geriatric Services
White Plains Recreation & Parks Community Center
Westchester County Department of Senior Programs & Services
Willow Towers Assisted Living
Greenwich Woods Health Care and Rehabilitation Center

Schedule of Events
8:30 – 9:00  Check-In – Registration 2nd Floor Foyer/Lobby
             Refreshments – Room 204
9:00 – 9:15  Welcome & Introductions – Rosedale Room
9:15 – 10:00 The Positive Power of Humor, presented by Deirdre Otto, CTRS, The Burke Rehabilitation Hospital
10:00 – 10:30 Tips to Read a Food Label, presented by Stacey Jackson, RD, Shop Rite
10:30 – 11:30 Healthy Aging, presented by Dr. Paul Peckman, White Plains Hospital
11:30 – 12:00 Pilates, Jill O’Flaherty, P.T., The Burke Rehabilitation Hospital
12:00 – 12:45 Lunch, Patient Dining Room
12:45 – 1:15  The Power of Touch, presented by Stephanie Baker, L.M.T., The Burke Rehabilitation Hospital
1:15 – 1:45  Choice Program: Chair Zumba, Mia DelGaudio, Fitness Instructor,
             The Burke Rehabilitation Hospital
             Stretch & Walk – Colonnade, Fitness Instructor,
             The Burke Rehabilitation Hospital
1:45 – 2:30  Kicking the Sugar Habit, Geralyn Plomitallo MS, RD, White Plains Hospital
2:30 – 3:30  Fall Prevention and Balance, presented by Elizabeth Ranelk, P.T., The Burke Rehabilitation Hospital
3:30 – 4:00  Dessert/Raffle – Rosedale Room

Visit the Specialty Rooms
10:00 a.m. – 2:45 p.m.  Break Area – Room 204
12:00 p.m. – 2:45 p.m.  Willow Towers Assisted Living—Room 206
9:00 a.m. – 3:30 p.m.  Shop Rite – Room 202