



**2019 SENIOR HEALTH & FITNESS DAY “Live and Thrive with Exercise!”**

Wednesday, May 29, 2019 Hosted by BURKE ADULT FITNESS CENTER

Sponsored by:

**Burke Adult Fitness Center**

**The Bristol**

**White Plains Hospital**

**White Plains Recreation & Parks Community Center**

**White Plains Senior Citizen Advisory Committee**

**Schedule of Events**

8:30-9:00 Check-in & Registration; Burke White Plains, Billings Building #4, 2<sup>nd</sup> floor foyer

9:00-9:15 Welcome – Rosedale Room

9:15-9:45 *Patricia Coar MPH, RD, CDN, CDE* “**Healthy Eating and Living Well**”

9:45-10:30 *Heidi Spitz Psy.D. Director Outpatient Neuropsychology* “**Mindfulness**”

10:30-10:45 *Joseph Mosley, Instructor* **White Plains Chorale Singers Performance**

10:45- 11:15 *Beth Fass Yoga YA Certified Instructor* **Chair Yoga Class**

11:15-12:00 *Susan Zonfaly OTRL & Amanda Malvarosa PT* “**Exercise & Stroke Prevention**”

12:00-1:00 lunch, Second floor foyer/classroom

1:00-1:15 Lunch transition back to Rosedale Room

1:15-2:00 *Lauren DiChiara, PT, DPT, NCS* “**Exercise for Fall Prevention**”

2:00-2:45 *Joanne Auerbach MS CTRS–* “**Increasing Your Happiness Quotient (for a healthier you!)**”

2:45-3:00 Break/Dessert

3:00-3:45 *Alzheimer’s assoc.* “**Healthy Living for the Brain and Body**”

3:45-4:00 Raffle – Rosedale Room; Must be present to win

**Specialty Vendors:**

Burke Stroke Awareness; Blood Pressure Screenings

The Bristol

Burke Adult Fitness Center

Alzheimer’s Association

Burke Therapeutic Massage; chair massage

SPRYE

**TO REGISTER CALL MARTHA @ 914 422 1331**