

COME JOIN THE FUN WITH WASA AT UNC Asheville

WASA stands for Wellness Activities for Successful Aging and is designed to positively affect the health, sense of well-being and health knowledge of older adults while providing a service learning opportunity for students. Trained UNC Asheville students and volunteers will be working together with older adults to learn about safe and effective exercises, proper nutrition, stress management, fall prevention/balance training and other important health topics. Health Speakers, Individual Wellness Coaching and Group Exercise activities are all available. The program is held in the Sherrill Center at UNC Asheville from **March 28th to April 27th, Tuesdays and Thursdays from 10:15-11:45am**. Spots are filling fast! If you are interested or would like more information, please contact Dr. Kathie Garbe at (828) 251-6514 or kgarbe@unca.edu or Stacie Smith, Student Director @ ssmith14@unca.edu



Health Education



Individual Wellness Coaching



Group Exercise