

MOVE WELL. AGE WELL.

A Healthy Aging Workshop Series

Discover practical ways to stay strong, active, and confident as you age. This interactive workshop series focuses on strength, balance, mobility, heart health, and lifelong wellness.

Ages 50-up • Free • Registration Required • Space is Limited

MONDAY, SEPTEMBER 21

8:00-8:30 AM – Andrea Workman

Cardiovascular Health & Age-Appropriate Assessments

10:30-11:00 AM – Rich Fernandez

Proprioception & Functional Movement

4:00-4:30 PM – Howard Tsai

Foot Strength & Balance

TUESDAY, SEPTEMBER 22

9:00-9:30 AM – Jermaine Givens

Grip Strength & Longevity

9:30-10:00 AM – Rich Fernandez

Proprioception & Functional Movement

5:30-6:00 PM – Dani Steinbacher

Hip Strength, Stability & Functional Balance

WEDNESDAY, SEPTEMBER 23

8:00-8:30 AM – Ome Udo

Stability & Isometric Strength

9:00-9:30 AM – Rowdy Wilson

Strength Training & Bone Health

THURSDAY, SEPTEMBER 24

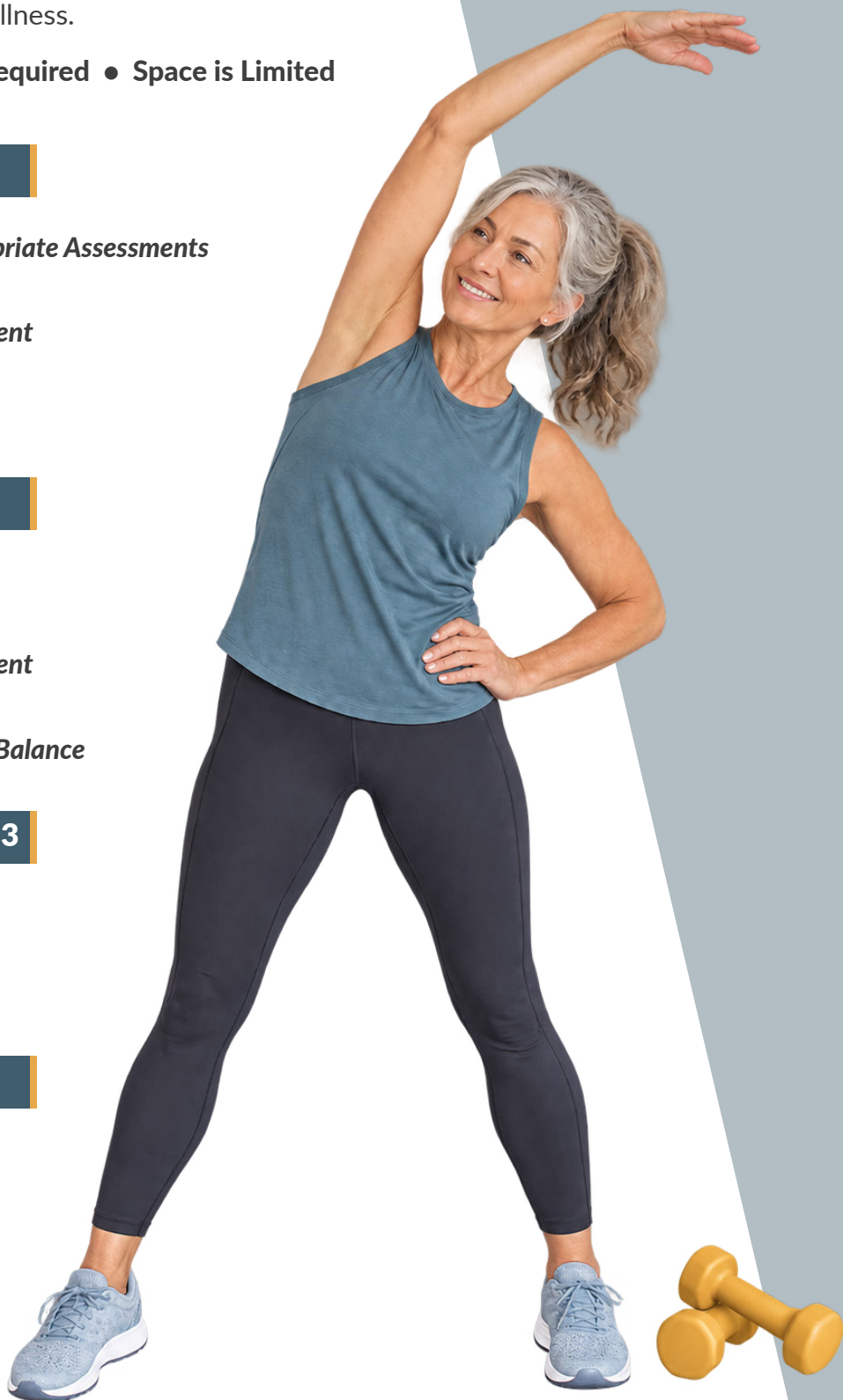
10:00-10:30 AM – Rowdy Wilson

Strength Training & Bone Health

10:30-11:00 AM – Howard Tsai

Foot Strength & Balance

Descriptions listed on back.



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Cardiovascular Health & Age-Appropriate Assessments

Learn how cardiovascular fitness impacts healthy aging and discover simple assessments used to measure endurance, heart health, and functional fitness. Participants will gain practical strategies and exercises to improve cardiovascular wellness at any age.

Proprioception & Functional Movement

Explore how balance, coordination, and body awareness affect everyday movement. This interactive workshop includes exercises designed to improve stability, reduce injury risk, and enhance functional mobility.

Foot Strength & Balance

Healthy aging starts from the ground up. Learn exercises to strengthen the feet and ankles, improve balance, and enhance stability for everyday activities and fall prevention.

Grip Strength & Longevity

Grip strength is a powerful indicator of overall health and functional independence. Discover why it matters, how it is connected to longevity, and practical ways to maintain and improve grip strength.

Hip Strength, Stability & Functional Balance

Strong, stable hips are essential for mobility and injury prevention. This workshop focuses on exercises and techniques to improve hip strength, balance, and confidence in daily movement.

Stability & Isometric Strength

Learn how stability training and isometric exercises can build strength, improve joint support, and enhance overall functional fitness. Participants will experience simple movements that can be incorporated into any fitness routine.

Strength Training & Bone Health

Discover the important role strength training plays in maintaining bone density, improving posture, and supporting long-term health. This workshop will provide practical exercises and recommendations for building strength safely and effectively as we age.