

FREE

Senior Health & Wellness Fair



Saturday, October 12, 2024

12:00 to 2:30 pm

**Free for Hancock County residents ages 50+
No 50 North membership required to attend**

Medical Information, Wellness Tests, Exercise Class Demos & More

- BVHS - The Acute Rehab Unit/ Extended Recovery Unit
- Pulmonary & Critical Care Medicine – Highlighting the walk thru ‘inflatable lungs’
- The Armes Family Cancer Care Center
- BVHS Nutrition Services – Education on nutrition
- Blanchard Valley Mammography Services - Bone density screening available
- Blanchard Valley Pain Management
- Bridge Home Health & Hospice – Staff to help with advanced directives
- Sak Sleep Wellness Center
- Endocrinology & Diabetes Specialists of Northwest Ohio - Providing Information on how to prevent DMT2, A1C information, and nutritional recommendations
- Blanchard Valley Chiropractic - Free chair massages
- Group Exercise Demo Classes – no registration needed
- 5 Minute HydroMassage® sessions
- OIO (Orthopaedic Institute of Ohio) staff on hand for information
- Equipment and Exercise consultations
- Personal Training information
- Free Smoothies in the Cafe
- Hancock Public Health - Flu and Covid vaccines offered
- Tours available



ENRICHING LIVES.
SUPPORTING
INDEPENDENCE.

339 East Melrose Ave
Findlay, OH
419-423-8496



Blanchard Valley
chiropractic
Acupuncture & Massage



OIO Orthopaedic
Institute of Ohio

Senior Health Fair

FREE for ages 50+
Saturday, October 12th
12:00-2:30 P.M.

Join us for Wellness Center Group Exercise Class Demos!

NO WELLNESS CENTER MEMBERSHIP REQUIRED TO ATTEND

Group Exercise Studio

(lower level)

12:15-12:45 Cycling with Wellbeats™
1:00-1:30 Tai Chi with Wellbeats™
1:45-2:10 Nutrition talk with
Wellbeats™

Track

(main level)

12:15-1:00 Cardio Drumming
1:30-2:00 Balance and Strength

Class descriptions found on the back side.

- Equipment demonstrations
- Exercise consultations/ recommendations for individual goals + needs
- Personal training information
- Wellbeats™ information
- 5-minute HydroMassage® sessions
- Check eligibility through SilverSneakers®, Silver&Fit® and Renew Active™
- Information on upcoming nutritional talks by Annie Hayes (Personal Trainer, HLNC)
- Orthopaedic Institute of Ohio staff available for information

Cardio Drumming

Bringing together drumsticks and an exercise ball to create one of the most fun workouts you'll ever do. Class can be done all in a chair or standing. It uses the exercise ball to turn rhythm into a workout!

Balance and Strength Training

Seated and standing chair-based class that helps improve balance, build upper and lower body strength, including core strength, and improve bone health. Hand weights and/or tubing are used during the strength portion of class. We encourage participants to arrive early or stay after class to walk or bike 5 minutes or more (walkers or walking sticks available).



Wellbeats™

A virtual presentation of group exercise classes with the feeling of a live experience! Participants choose from a variety of classes. Virtual classes are projected large on a wall in our private exercise studio.

Cycling with Wellbeats™

Beginner level spin class. Great for cardio, toning and sculpting.

Tai Chi with Wellbeats™

Low intensity movements focusing on balance, mobility and flexibility.