



2019

# National Senior Health & Fitness Day



**Wednesday, May 29, 2019**  
**8:30 a.m. - noon**

- Free Breakfast Snacks Until 10 am
- Free Screenings
- Free Tote Bag to the First 250 Guests
- Free Prize Drawings - must be present to win
- NCH Animal Assisted Therapy Dog Visit

## FREE SCREENINGS

**8:30 - 11 am**

- Blood Pressure Screening - VAH staff and Harper College students
- Body Mass Index (BMI) screening - VAH staff
- Bone Density Screening - Northwest Community Healthcare
- Posture Screening - Northwest Community Healthcare
- Retinal & Hearing Screening - Lions Club
- Skin Cancer Screening - Arlington Dermatology
- Stroke Risk Assessment - Northwest Community Healthcare

## FEATURED PRESENTATIONS

**9 - 9:45 am -- Relaxation, Meditation & Mindfulness -- Anita Stehmeier**  
NCH Physical Therapist/Ergonomic Consultant, Physical Rehabilitation Services

**10:30 - 11 am -- Yoga Demo -- Katie Branigan**  
Arlington Heights Park District Instructor

## KEYNOTE SPEAKER:

**11 am - noon -- Healthy Cooking with Instant Pot -- Andrea Pracht**  
*My Kitchen Clatter*



Andrea Pracht of *My Kitchen Clatter* teaches the basics of using a pressure cooker, gives pro pressure cooking tips, and shares recipe ideas that show how rewarding and realistic it can be for busy people to eat healthy.

Attend the Healthy Cooking presentation and you might be the lucky winner of an Instant Pot!

Seniors and those who care for them are welcome to attend this **FREE** event!

No registration is required.

**PRIZE DRAWINGS** held after the 9, 10:30 & 11 a.m. presentations

**MUST BE PRESENT TO WIN**