



# Senior Connection

## Speakers Bureau Presentation

### “MOVEMENT OPTIONS - SENIOR EXERCISE TO MEET YOUR LIFESTYLE”

Presenter Mary Heller, BeMoved® & Gentle BeMoved®, will cover the following: Why choose a movement practice? How to become your own best cheerleader - how to start and keep yourself motivated, mind, body and spirit. What kinds of movement choices do you have, and the benefits of each - aerobic, an-aerobic, strength-based, stretching and balance. Alignment - what is it, and why it is crucial to any movement choice you make. She will also demonstrate different movement modalities and provide a brief history and explanation of the benefits of each.

Seniors and Family Caregivers are invited to attend this free, educational presentation, where you may ask questions in an atmosphere of respect and support. RSVPs appreciated, but not required.

### FREE ADMISSION

RSVPs Appreciated

Debbie@SeniorConnection.us or (928) 778-3747

**Date:** Thursday, January 5

**Time:** Noon - 1 p.m. (Feel free to bring a Brown Bag Lunch)

**Location:** Shepherd of the Hills Lutheran Church

Shepherd of the Hills Lutheran Church  
1202 Green Lane,  
Prescott AZ

Directions: Willow Creek to Green Lane, West on Green Lane, past Ewin Drive, on north side of street.

Senior Connection

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