

**WORKSHOPS, CLINICS
& SCREENINGS
MAY INCLUDE THE
FOLLOWING**



**HEALTH EDUCATION
WORKSHOPS**

- Diabetes
- Brain Fitness
- Nutrition & Aging
- Joint Pain
- Heart Health

**PHYSICAL ACTIVITY
WORKSHOPS**

- EnhanceFitness
- Silver Sneakers
- Disc Golf
- Zumba Gold
- Fun Events
- Yoga
- Karate
- Tai Chi

**SENIOR OLYMPIC
SPORT CLINICS**

- Huachas
- Shuffleboard
- Basketball Free Throw/
Hot Shot
- Pickleball
- Badminton
- Frisbee Accuracy

**Health Information Tables
Prizes**

**FREE
HEALTH SCREENINGS**
Blood Pressure
Blood Glucose
Height/Weight Measurements
Massage
Dental
Prescription Screening
Eye Screening

Contact Information:
Heather Amaro,
1-888-623-6676 or 575-642-0133

**COMING TO A CITY
NEAR YOU**

SPONSORED BY NEW MEXICO SENIOR OLYMPICS, INC.



- FREE WORKSHOPS • BRING YOUR OWN LUNCH
- REFRESHMENTS • FREE HEALTH SCREENINGS

WORKSHOP PRESENTERS WANTED

2011 - 2012 SCHEDULE

8:30 AM - 3:00 PM

A Senior Olympic health promotion event that provides senior adults 50+ health and fitness education through workshops to help them make choices for healthier living and greater fitness.

- Grants**October 19, 2011
- Roswell**November 15, 2011
- Albuquerque KOB Health Fair**January 28 & 29, 2012
- Las Cruces**February 7, 2012
- All Indian Game Day**.....March
- Taos**April 19, 2012
- Santa Fe**May 30, 2012
- Conference on Aging**.....August 21 & 22, 2012

**Senior programs are encouraged to bring van loads.
Travel scholarships available, call NMSO Director.**