New Mexico Senior Olympics
SENIOR TREK TO HEALTHY FITNESS
2008 Call for Presentations

New Mexico Senior Olympics in Partnership with the AmeriCorps*VISTA program invites you to present at our ***Senior Trek to Healthy Fitness***. We regret, as a non-profit Organization, we are not able to provide honorariums at this time for workshop presenters and educators.

- We are seeking Instructors for Quality Health and Fitness Workshops that will emphasize the benefits of exercise and healthy lifestyle choices. Each Workshop will be 55 minutes.
- This free Fitness event will attract an average of 100 seniors. Workshop size will vary from 20 to 40 participants. Workshops are offered during three (3) different session times.
- NMSO has conducted 8 very successful events in 2006-2007 for over 1000 New Mexico Seniors.

1. PLEASE CHECK THE ONE THAT MOST CLOSELY IDENTIFIES YOUR PRESENTATION:

☐ **HEALTHY AGING** ☐ **SENIOR FITNESS** ☐ **PREVENTION**

Examples:

Diabetes	Exercise Technique	Flexibility	Fall Prevention	Weight loss
Healthy Heart	Sport Training	Blood Pressure	Osteoporosis	Hearing
Stress Reduction	Rules and Regulations	Blood Glucose	Men/Women Health	Arthritis
Nutrition	Injury Prevention	O2 Saturation	Smoking Cessation	

2. PLEASE INDICATE THE TREK(S) AT WHICH YOU WISH TO PRESENT:

☐ Roswell, February 13th ☐ Alamogordo, February 28th ☐ Espanola, March 12th
☐ Pueblo of Isleta (All Indian Game Days), March 27 & 28
☐ Las Cruces, April 9th ☐ Silver City, May 17th ☐ Grants, May 28th

3. PRESENTATION DESCRIPTION (*PLEASE TYPE OR PRINT!*)

Title of presentation: _____

Name of presenter: _____ _Presenter Title_____ _____

Organization / Company _____

Mailing Address: _____ City: _____

State_____ Zip _____ Phone: _____ Fax: _____

E-mail _____

Give a concise but comprehensive description of your presentation. What will your presentation cover?

_____

_____

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4. LIST YOUR SPECIFIC NEEDS: (WE WILL CONFIRM ALL AUDIO VISUAL REQUESTS)

☐ Over Head Projector ☐ Flip chart ☐ Easel ☐ Electricity ☐ TV/VCR ☐ Screen
☐ Table/Chairs ☐ Other _____

5. ARE YOU AVAILABLE TO REPEAT YOUR PRESENTATION? ☐ Yes ☐ No

6. RETURN THIS FORM TO: ☐ New Mexico Senior Olympics, Inc.
PO Box 2690
Roswell, NM 88202-2690
☐ Fax to 575.622.9244
☐ E-mail your request to nmsoevents@nmseniorolympics.org

Deadline:
Please return no later than 6 weeks before Trek Date

Call Laurie Frappier, Event Coordinator (575.642.0133) with any questions