

# National Senior Health & Fitness Day

**FREE Brain Savers Summit:**

**Wednesday, May 31, 2017**

**11:30 am-4 pm**



## Fitness & Educational Workshops

**Brain Gym Activities      Zumba**

**Celebrity Chef Cooking Demo**

**Library's Viridian Event Center  
8030 South 1825 West, West Jordan**

# National Senior Health and Fitness Day

## Brain Savers Summit

**May 31, 2017**

**The Library's Viridian Event Center**

**8030 S 1825 W - West Jordan**

11:30 AM – Sack lunches for the first 150 people in the park pavilion

12:30 PM – “Healthy Cooking for Brain Health” by Celebrity Chef Katie Weiner from Top Chef Boston

### Breakout Sessions:

<u>Time</u>	<u>Room A</u>	<u>Room B</u>	<u>Room C</u>	<u>Amphitheater</u>
1:30 pm	How to Put the Odds in your Favor for Future Brain Health by Dr. Mark Johnston	Brain Gym – participate in hands on activities and thinking games to challenge and stimulate your brain	EnhanceFitness – exercise program that focuses on cardio, balance, strength and flexibility	Drum Bus – make new brain connections by participating in an interactive music experience
2:15 pm	Forgetfulness or Dementia? By Carol Wilcox	Brain Gym	Zumba	Drum Bus
3:00 pm	Daily Brain Builder Activities that Work by Dr. Kevin Duff	Brain Gym	Tai chi	Drum Bus

3:45 pm – Wrap Up and Prize Drawing in Room A

### Information Tables

Salt Lake County Senior Centers

Alzheimer's Association

Wasatch Mountain Club

AARP

SLC Track and Roadrunner Club

Salt Lake County Library Services

Salt Lake County Aging & Adult Services

Salt Lake County Health Promotion for Older Adults

Salt Lake County Animal Services

SPLORE – Adaptive Adventures of Utah

Summit information

[slco.org/aging](http://slco.org/aging) (385) 468-3084

