

## REGISTRATION FORM

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ EMAIL: \_\_\_\_\_

I have enclosed:

☐ Registration fee of \$20

☐ I need a scholarship and will call COA at (828) 277-8288

☐ Additional donation of \$ \_\_\_\_\_

☐ I need accommodations and will call COA at (828) 277-8288

☐ Please contact me about future events

Advanced registration is required. Please detach and mail to:

Council on Aging, 46 Sheffield Circle, Asheville, NC 28803

Checks and money orders can be made payable to same address.



46 Sheffield Circle / Asheville, NC / 28803

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## SUCCESSFUL AGING 2015

**Registration is due May 2nd!**

The Council on Aging of Buncombe County Presents:

# SUCCESSFUL AGING



## May 12, 2015

At the Sherrill Center/Kimmel Arena on  
the Campus of UNCA

Located on:  
227 Campus Drive  
Asheville, NC 28804

## SUCCESSFUL AGING 2015 Schedule

**8:30AM-9:00AM** Registration & Breakfast

**9:00AM-9:15AM** Welcome & EMMA Exercise

### **10:00AM-11:00AM Session 1 Classes**

#### **1. Meditation: The Role of Mind-Body Medicine in Geriatric Health Management**

What is mind-body medicine? What is its role in the management of stress and pain? And most importantly, how can it improve quality of life?

*Dr. Abbas Rakhshani, PhD, The Yoga Wellness Center*

#### **2. Chen Tai Chi for Wellness**

Utilizing circular and spiral motions, Chen Silk Reeling exercises heal and maintain your body and mind through natural, harmonious movements.

*Aaron Dison, Dragon Phoenix Tai Chi*

#### **3. Movement Meditation and Dance**

Slow stretching, building to aerobic movements, then into stillness. Get your brain, body and heart moving together for your overall health.

*Steven Jones, Deerfield/Asheville Movement Center & Gregory Bonin, Asheville Movement Center*

#### **4. Putting the Fun in Functional Fitness**

Learn to ask your body good questions, listen to its responses, and develop internal support to enjoy moving through your everyday life. Practical, seated exercises for everybody.

*Sarah K. Schuetz of Happy Body Studio*

#### **5. Smart Phone Tips**

Learn pointers for using your smart phone, from getting on the internet, to sharing photos and making video calls.

*Jensen Gelfond, Asheville Digital Lifestyle*

#### **6. Energy Healing for Connection: With Yourself and for Your Life!**

Learn how to more deeply connect with the source of well-being and healing, anytime, anywhere, as close as your breath and inner awareness believe possible.

*Kate Zurich PA-C, Certified Advanced Energy Healer*

#### **7. Creativity Matters: Expressive Drawing**

Prepare to participate in a diverse, enjoyable and challenging exploration of the individual creative process. Discover a talent, skill or passion to succeed every day through the visual expression of drawing.

*Ken Hillberry, The Geezer Gallery*

# A day-long event for older adults, caregivers and others who are interested in aging successfully!

### 8. Dream Guidance

Learn from your dreams: draw insights from your dreams while learning techniques to remember & explore dreams. *Barbara Plimpton, certificate holder, Haden Institute of Dreamwork*

### 11:15AM-12:15PM Session II Classes

#### 1. Reverse Mortgage Clarity

Dispel reverse mortgage myths and misunderstandings. Learn how a reverse mortgage can be used to purchase a home or improve your cash flow in retirement. *Linda Youngblood, Mortgage Loan Originator, Asheville Savings Bank*

#### 2. Chen Tai Chi for Wellness

Utilizing circular and spiral motions, Chen Silk Reeling exercises heal and maintain your body and mind through natural, harmonious movements. *Aaron Dison, Dragon Phoenix Tai Chi*

#### 3. Your Daily Dose of Fun

A presentation on why play is not just for kids. Learn how to reclaim our childlike wonder to improve our memory, mood and overall well-being throughout our lives. *Ginny Hunneke & Jennifer Maurer, The Fun Conspiracy*

#### 4.KNOW THE CODE! Air Quality in NC

Outdoor air pollution can have negative effects on your health. Learn about the air quality forecast system and simple steps you can take to protect your health. *Shannon Culpepper, Environmental Specialist, NC Division of Air Quality*

#### 5. Moving for Better Balance

Learn how the YMCA’s CDC evidence based fall prevention program helps older adults live independent, fruitful and fulfilling lives. *Diane Saccone, District Community Wellness Manager, YMCA*

#### 6. Dating: Get Back To It and Have Fun

Have you wondered about dating after 60? This interactive workshop will start with tips and end with a speed dating session! Class limited to 20 people: 10 males/10 females. *Katherine Morosani, Asheville Speed Dating*

#### 7. Balance, Eye Movements, Memory & Cognition

Our ability to stand, maintain good balance, and walk has everything to do with how well we think, remember and solve problems. Explore this to improve brain health. *Dr. Michael S. Trayford, DC, DACNB; Founder, APEX Brain Centers*

#### 8. Everyone Cooks Superfoods: Safari 4 Seniors

Prepare & taste samples of SUPERFOODS from near & far and take home recipes. Gluten free & vegan approved. Class limited to 12 people. *Michael Gentry, the Sustainable Gourmet*

#### 9. Healthy Brain for Optimal Aging

Are you experiencing cognitive concerns, chronic pain, poor sleep, fatigue or decreased stamina? Learn how balancing neurotransmitters and hormones can address the root of these and other chronic conditions. *Sanesco Health*

### 12:15PM-1:30PM Lunch & Sponsor Tables

### 1:45PM-2:45PM Session III Classes

#### 1. Meditation: The Role of Mind-Body Medicine in Geriatric Health Management

What is mind-body medicine? What is its role in the management of stress and pain? And most importantly, how can it improve quality of life? *Dr. Abbas Rakhshani, PhD, The Yoga Wellness Center*

#### 2. Conscious and Graceful Aging: Transforming Challenges into Opportunities

The journey of becoming older brings challenges, but also provides opportunities to cultivate wisdom, connect with others, and celebrate life. *Evalina Everidge, RN and Maggie Purnell, RN*

#### 3. Movement Meditation and Dance

Slow stretching, building to aerobic movements, then into stillness. Get your brain, body and heart moving together for your overall health. *Steven Jones, Deerfield/Asheville Movement Center & Gregory Bonin, Asheville Movement Center*

#### 4. Get Your Game On: Let’s play!

Take a recess from responsibilities and “play” attention to your creative impulses and need for joy in this hands (and feet)-on , fully interactive Playshop. *Ginny Hunneke & Jennifer Maurer, The Fun Conspiracy*

#### 5. Ageless Grace®

A fun, playful, brain-fitness program based on the science of neuroplasticity, to activate all 5 functions of the brain and addresses all 21 physical skills necessary for lifelong optimal health. *Carol Gerson, Trainer and Educator, & Denise Medved, Creator and Founder*

#### 6. Diabetes Prevention in WNC

1 in 3 Americans are at risk for developing type 2 diabetes. Learn more about adopting and maintaining healthy lifestyles through the evidence based YMCA’s Diabetes Prevention Program. *Austin Grainger, MBA, Healthy Living Director, YMCA*

#### 7. Beer Basics with Highland Brewery

This class will examine basic differences between ales and lagers. Samples will be served of almost all significant versions of both styles. Class is limited to 30 people. *Gerry Sigmon, Former Craft Beer Consultant, Highland Brewery*

**2:45PM End of Day** Don’t forget to pick up your gift!



## REGISTRATION FORM

A ticket costs \$20 and includes one class during each of the three session, continental breakfast and a catered lunch. Choose one class for each session below. We recommend you also pick an alternative choice for each session as the classes may fill up. Please be sure to fill out both sides of this form and mail to: Council on Aging, 46 Sheffield Circle, Asheville, NC 28804

Session I (10:00AM-11:00AM)	My 1st choice _____	My 2nd choice _____
Session II (1:15AM-12:15PM)	My 1st choice _____	My 2nd choice _____
Session III (1:45PM-2:45PM)	My 1st choice _____	My 2nd choice _____

Registration is due by May 2, 2015. You may also register online with a valid credit card at [tinyurl.com/COA2015SA](http://tinyurl.com/COA2015SA)

I understand there will be a photographer on site at Successful Aging 2015 and any photographs will be used solely by the Council on Aging of Buncombe County, Inc. in supporting printed publication, e-brochures, online, on corresponding social media outlets for the organization.  
☐ By checking here, I DO NOT agree to be photographed.