

S.P.A.R.C.

Sickness **P**revention **A**chieved Through **R**egional **C**ollaboration

“One Stop Shop for Wellness”

Frank Bailey Senior Center

October 29, 2010

PROGRAM

- | | |
|---------------------|---|
| 10:00 am – 10:15 am | Opening Remarks – Tori Strawter
Assistant Director Senior Services |
| 10:15 am – 10:25 am | Senator Valencia Seay - Welcome |
| 10:30 am – 10:45 am | Mechelle Davis-Yoga Hive Studio & Wellness Center
OMG!! Morning Stretch |
| 10:50 am – 11:05 am | Benjamin Howze-Personal Fitness Instructor
“Let’s Get Fit” |
| 11:15 am – 11:30 am | Dr. Kelly Degraffenreid-Kaiser Permanente
“Fall Prevention” |
| 11:35am – 11:50 am | Maurice Madden-Medicare Diabetes
“Medicare Diabetes Screening Project” |
| 11:55 am – 12:10 pm | Beadie Davidson-Clayton County Health Department
“Fruits and Veggies on a Budget”
Getting More for Your Money |
| 12:15 am – 12:30pm | Keith Spencer – Georgia Medical Care Foundation
“Living Well with Diabetes” |
| 12:35pm – 12:50 pm | Kim Siebert (Extension Services Director)
“Brain Fitness” |
| 12:55 pm – 1:10 pm | Zelma Pascal-American Red Cross
“Fire Safety/Prevention” |
| 1:15 pm – 1:30 pm | Sheila Westbrook-Clayton County Board of Health
“SEX after 55” |
| 1:35 pm– 1:50 pm | Marcia Berlin (Atlanta Regional Commission)
“Body Rejuvenation” |

*** Special Thanks to Johnny Pierce (Keyboard/soloist) & Earl Link (DJ) for the music**



FREE Giveaways & Fruits & Vegetables!!!!