

National Senior Health and Fitness Week 2022 Events

In celebration of Healthcare District Month, the Center for Health & Fitness invites you to participate in the nation's largest health event for older adults.

To register for these free events, please visit www.beachcitiesgym.org/nationalsenior-health-fitness-week. Logins will be shared when you register if necessary.

Schedule of Events: May 23 – May 26

MON: May 23	TUE: May 24	WED: May 25	THUR: May 26
8-8:55 a.m. Medical Exercise Training: Nutrition for Osteoporosis (Women's Fitness) with CHF's Registered Dietitian, Charlotte Hargrave RD. (Virtual Lecture)	10-10:55 a.m. Shoulder Injuries with Carina Escudero, DPT AIM Sports Medicine (Held In Person) Silver Room	9-9:55 a.m. Maximize Gratitude: Express appreciation and savor kindness with BCHD Community Health Programs Coordinator Tiana Rideout-Rosales. (Virtual Lecture)	9-9:30 a.m. Core Class with CHF Trainer Martha Light. (Held In Person) Group Exercise Room
		10-10:55 a.m. Reformer Pilates for Men with Pam Johnson, Certified Pilates Instructor and Fabienne Naples, CHF Pilates Intern.(Held In Person) Reformer Room	9-9:55 a.m. Osteoporosis (virtual lecture with Dr. Connie Teng, Rheumatology, Providence Little Company of Mary)
		12-12:30 p.m. Stronger, Better, Faster with CHF Medical Exercise Specialist Chris Bentajado. (Held In Person) Silver Room	10-10:55 a.m. Hypertension Workshop with Dr. Brenda Shen, Family Practice. Providence Little Company of Mary (Virtual Lecture)
		12-12:30 p.m. Guided Mindfulness Meditation with CHF instructor Carrie Kerster, Certified Group Exercise Instructor. (Held both In Person/Virtual) Jade Room/ hybrid	12-12:45 p.m. Fitness Goal Setting with CHF Medical Exercise Specialist Brian Fuentes (Virtual Lecture).

CHF Invites You to Celebrate

NATIONAL SENIOR Health & Fitness Week

May 23 – May 26

Join us for National Senior Health & Fitness Week, the nation's largest health event encouraging all older adults to take action towards maintaining and improving their health.



**Life is better
in motion!**

**Free
Events!**



A Public Agency

Center for
Health & Fitness

A Beach Cities Health District Program

beachcitiesgym.org/national-senior-health-fitness-week

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