

On the Road to Wellness

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Facilitator: Nancy McKeever

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Program to offer the following:

Support Group for weight control and exploring the science of “eating clean.” (Looking at labels, calories, illness and poor diets, food journals, etc.)

Time and Date: 2nd and 4th Tuesdays; 9:00 – 10:00 am;

No Cost

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Straighten Up



– easy pain-free exercise focusing on balance, alignment, posture and flexibility;

- led by Nicole Depauw
- Time, Date and fee: Mondays, 3:30-4:30,
- \$5.00/session

Requirements:

- be able to get up and down on the floor

Equipment needs:

- exercise mat or towel

Information and handouts on daily rates local services for

- Water aerobics; Exercise classes
- “Silver Sneakers” exercise facilities

Walking Groups (including prayer walks)

Guest Speakers (topics will include the following:)

- Eating for cancer prevention
- Issues related to high blood pressure & high cholesterol
- Diabetes
- Arthritis & other autoimmune diseases–diet & exercise for help w/ pain
- Osteoporosis–how to strengthen your bones

- How diet can affect and/or help Alzheimer's and Dementia

Spiritual growth to support our efforts!