Saturday, July 23, 2011
at Salt River High School

2ND ANNUAL

PATH TO WELLNESS EXPO

FOR SALT RIVER COMMUNITY MEMBERS & IMMEDIATE FAMILY.

9:30AM-2PM

Nike duffle bags to the FIRST 100 ADULT participants!

Nike drawstring bags for the FIRST 100 5-10 Year Olds!

DOOR PRIZES!

All door prizes are for enrolled SRPMIC MEMBERS ONLY.

Early Bird Incentive Drawing for Adults & Youth at 10:05am Don't Miss!

"How to Motivate and Develop A Great Attitude For Wellness" - Guest Speaker, John Avianantos

GIVEAWAYS

MIXED LEVEL BREAKOUT SESSIONS
Special Sessions for Youth and Senior's.

BREAKOUT SESSIONS

- Senior Chair Yoga
- Understanding Food Labels
- Mousercise
- Cooking *Talking Stick Style* w/Exec Chef Tom Freimuth from Talking Stick Resort
- Zumba
- Yoga
- Boot Camp
- Cardio-Kickboxing
- Food & Nutrition
- Line Dancing
- Senior Steppers
- Chipotle Guacamole Demo
- Pilates
- Community Garden-Connecting to our Roots
- Senior Sit & Be Fit
- Stretching for Seniors
- Low Impact Aerobics
- Shopping for your Health at BASHAS
- Healthy Puzzle Frame Making for Seniors
- Foam Roller 101

Swedish *(Relaxation)* Massage with our Community Massage Therapists.

Diabetes Screening by the Health Services Diabetes Program.

Lunch Provided by Chipotle.

For more information, please contact Toni Harvier at (480) 362-7467.

SRPMIC WELLPATH
CENTERED ON HEALTHY LIVING

Event Sponsored by
the SRPMIC Wellpath Strategic Team