Video

Water and Wellness: Aquatic Therapy - Aqua Fun

Time: 9:30 - 10:30 AM

Many older adults are not aware of the tremendous benefits and enjoyment of exercising and participating in therapy while in a pool. This workshop will introduce wellness and therapy using aquatics. We will cover a variety of modalities, activities, and techniques to promote pain reduction, relaxation, improved balance, increased circulation, and even improved cardiovascular health. This little known category of activity and therapy is available right here in Washtenaw county and we will discuss the available locations and ways to help Aqua Therapy and Aqua Wellness become part of your life. Collaborating to present this workshop will be an expert therapist in aqua therapy and a wellness program director focused in rehabilitation and healthy living.

Healthy Aging for Seniors Through Nutrition

Time: 11:00 AM - 12:00 PM

Think your nutritional needs stay the same as you age? Think again. There are many foods, herbs, and spices that help boost your health. Just because it’s “healthy” doesn’t mean it tastes bad. Hear from the StoryPoint Team, who live the everyday experience of creating healthy and nutritious meals that taste great and meet the specific health needs of seniors.

Making the Move

Time: 1:15 - 2:30 PM

Today, more than ever, there are a myriad of choices when it comes to senior living alternatives, from retirement villages and independent residences, to assisted living and continuing care communities. Unfortunately, many seniors wait until there is an accident or health crisis before making the decision to downsize and seek safer, senior-friendly housing, which may mean that choices are limited. Moving can be overwhelming, but it doesn’t have to be. We’ll discuss the benefits of being proactive, the pros and cons of different living arrangements, and what to look for when visiting communities, so you can make the best decision possible.

Speaker: Robin Porter, Author of Better With Age: Your Blueprint for Staying Smart, Strong and Happy for Life, and a former caregiver

Workshop Registration: Registration is encouraged for all Workshops as seating is limited at many locations. REGISTER EARLY.

Thank You Senior Living Week Expo Sponsors Glacier Hills Senior Living Community, Evangelical Homes of Michigan, and StoryPoint for your support!