



Four Seasons of Health

A year-long series of seasonal events to promote healthy aging. These four “Seasons” of no-cost programs emphasize simple solutions and daily living practices that seniors can adopt to improve their overall health and well-being.



SEASON 1

Choices for Health

January – March 2009

Seek richness in everyday life through better choices!

Choose optimum health by being well-informed and actively involved.

Through Choices you can:

- Be an active manager of your healthcare
- Learn how to communicate health concerns
- Evaluate information and make informed decisions
- Manage your medications wisely
- Improve physical health

Be a part of the Choices Initiative and attend informational events to help prevent medical errors, improve adherence to treatment plans, potentially decrease costs, and improve physician-patient relationships.

Launch Event Friday, January 23, 2009 | 10AM to 1PM

Palo Alto Medical Foundation, 3140 Kearney St., Fremont



SEASON 2

Brain Fitness

April – June 2009

Enhance life — exercise for brain power! Remain independent by making your own decisions and challenge yourself to learn more everyday.

Through Brain Fitness you can:

- Improve memory
- Think quicker and clearer
- Increase alertness and awareness
- Elevate mood
- Improve concentration

Activate the brain and prevent the premature decline of thinking skills in adults and promote behaviors that sustain brain health. Enjoy educational events and activities that promote a healthy brain.

Launch Event Friday, April 24, 2009 | 10AM to 1PM

Washington Hospital West, 2500 Mowry Ave., Fremont





SEASON 3

Walk This Way July – September 2009

Renew a commitment to uplift your soul!

Stay passionate about doing what you love by keeping active.

Through Walk This Way you can:

- Improve stamina and strength
- Improve balance
- Turn exercise into a healthy habit
- Avoid injuries
- Reduce stress

Chart a personal path to achieving attainable fitness goals with walking groups, fitness classes, and educational events.

Launch Event Friday, June 26, 2009 | 10AM to 1PM
Fremont Main Library, 2400 Stevenson Blvd., Fremont



SEASON 4

Smart Nutrition October – December 2009

Integrate body, mind, and spirit with the foods you eat!

Explore a bounty of new ideas in eating for life.

Through Smart Nutrition you can:

- Increase energy levels
- Become more fit
- Have a better sense of well-being
- Protect the brain and heart
- Reduce stress

Have fun with food tasting, recipe sharing, educational events, and group discussions to help enrich life through healthy eating.

Launch Event Thursday, October 15, 2009 | 10AM to 12Noon
Kaiser Permanente Hospital, 39400 Paseo Padre Pkwy., Fremont
Tuesday, November 10, 2009 | 2PM to 4PM
Kaiser Permanente Medical Offices, 3553 Whipple Rd., Union City

Contact us for more information about how to participate in or register for Four Seasons of Health

Phone

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Email

Tanya Mendoza at tcec3000@gmail.com

Or go to the Tri-City Elder Coalition Website: www.tceconline.org

Partners & Sponsors

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