



Take Charge of Your Health

Thursday, August 19, 2010

9:00 a.m. to 11:30 a.m.

Hilo Naniloa Volcanoes Resort, Pali Room
43 Banyan Drive

Understanding health policies that affect your health care coverage and knowing how to support your own wellness can be a big part of taking charge of your own health. AARP can help with both at this free workshop.

1

Learn how the new federal health care law will affect you.

AARP national legislative expert, Greg Wang, will answer your questions, hear your concerns, and talk about how the new health law affects those on Medicare and those 50-65.

2

Improve your balance to avoid falling. Experience “Tai Chi For Health,” an evidence-based program that has been proven to improve balance, over all well being, and reduce the risk of falling. Movements are done either sitting or standing and accommodate people of all ages and abilities.

3

Step into fitness. Learn how AARP’s free 10-Week Walking Program can help you meet your wellness goals. We’ll provide a free pedometer and access to great Web-based tracking tools.

Register online at <http://takechargeofyourhealthhilo.eventbrite.com> or call (toll free) **1-877-926-8300**.

Space is limited. If you cannot attend this event, stay current with AARP’S resources on health by visiting www.aarp.org/health/.



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AARP Hawaii
1132 Bishop Street, Suite 1920
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For great health information
visit www.aarp.org/health

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2. Improve Your Balance to Avoid Falling with "Tai Chi for Health"

3. Step into Fitness with the AARP 10-Week Walking Program

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