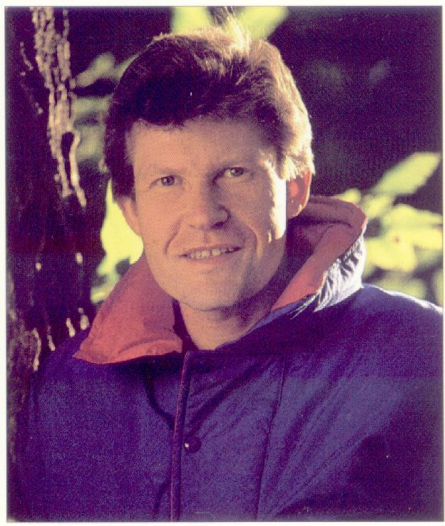


HEALTHQUEST NORTHEAST CONNECTICUT PROUDLY PRESENTS

Back by
Popular
Demand!

NATIONAL WALKING EXPERT **ROBERT SWEETGALL**



Robert Sweetgall is back to show our senior citizens how to take some simple steps to create a healthier life!

Robert has trekked across America the equivalent of seven times and is the only person to have walked through all 50 states - 11,208 miles in a year!

He's authored nearly 20 books on walking, wellness, and active living, and has appeared on hundreds of radio/tv talk shows while speaking to over one million people worldwide!

Wednesday, October 9, 2013

12:30 – 1:45 pm

**Quinebaug Valley Senior Citizens Center
69 South Main Street, Brooklyn, CT**

Join us for an entertaining and educational Seniors' Longevity Workshop

Living Better; Living Longer:

How Your Own Two Feet Can Add Years to Your Life & Life to Your Years

In this practical workshop learn how

- A modest improvement in physical activity & fitness can be a blessing to your heart
- Making gradual changes in nutrition/eating habits can be more sustainable than a rigid no-fun diet plan
- A positive/optimistic outlook on life can be terrific "medicine" for healing
- Walking just a little more each day can add quality years to life and improve your brain as well
- The 14 healthy habits found in successfully aging people
- Several simple living room exercises that can improve your balance, posture & overall mobility
- Improved social networking (friendships) & humor can help support your immune system & longevity

For those who are able, Robert will lead participants on a brief, refreshing walk following the seminar

FREE ADMISSION – FREE PRIZES & TRAINING INFO

**HEALTHQUEST NORTHEAST CONNECTICUT
ACHIEVING HEALTHIER COMMUNITIES TOGETHER!**

Register by calling the

Quinebaug Valley Senior Citizens Center at 860-774-1243

WALK-INS ALSO WELCOME!



HEALTHQUEST
NORTHEAST CT

HealthQuest NE CT is a collaborative public health partnership of The Northeast District Department of Health, Day Kimball Healthcare, EASTCONN, Generations Family Health Center, The Northeastern Connecticut Chamber of Commerce, Plainfield Public Schools, Plainfield Recreation Dept., Quinebaug Valley Community College, Representative Mae Flexer, Senator Donald Williams, Steven Townsend, TEEG, Town of Putnam Economic & Community Development, WINY Radio, and Woodstock Academy

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