

**Wellness Walks/Wellness Talks**  
**Hosted by Grounds For Sculpture**  
Sponsored by Stoneking Wellness Center  
and Springpoint Foundation Senior Living

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A wellness program for mature adults who want to get into shape, enjoy the natural beauty of Grounds For Sculpture, and learn how to live an active, healthful lifestyle.

Walk begins at 9:30am,  
followed by talk and refreshments at 10:15am.  
\$10 per class  
Register by calling (609) 689-1089

**Dates and Discussion Topics:**

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|---------------------|---|
| <b>July 22</b>      | Ten Thousand Steps a Day: How Far OFF The Mark Are You?   |
| <b>August 5</b>     | Reducing Risks of Falls   |
| <b>August 19</b>    | Head Over Heels Balance Examination   |
| <b>September 2</b>  | Health Tips for Gardening and Working Outdoors  |
| <b>September 16</b> | Bone Health Across the Life Span  |
| <b>September 30</b> | Effective Exercise for Bone Health  |
| <b>October 14</b>   | Foot Care for the Active Adult  |
| <b>October 28</b>   | Virtual Reality Training: A unique and physically engaging form of exercise for balance, strength, aerobic conditioning and socialization. Come try out a WiiFit! |