

# Exercise As You Age Workshop-

## Presented by Acentra



### Session Description:

As the body gets older, understanding the changes in the mechanics of the body is important to determine what kinds of exercise is optimal for overall health. In this seminar, we will journey through some common methods for injury and illness prevention and treatment, through fitness and wellness. Participants will leave with the knowledge to plan a workout regimen that is adaptable to their own levels of physical fitness.

Date: 7/16/2024

Time: 12:30pm

[Click Here to Attend](#)