

Promoting Successful Aging Across the Continuum of Function



Center's Mission

The promotion of health and vitality, and the reduction of frailty and disability in the later years.....



Center Facilities



Educational Programs

B.S. & M.S. in Kinesiology
Gerokinesiology (GK) Track
Masters in Public Health
Gerontological Health Track

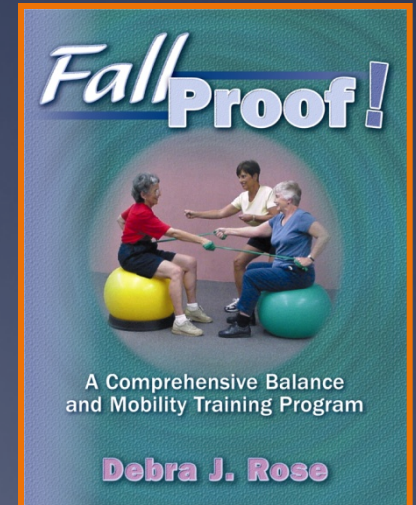
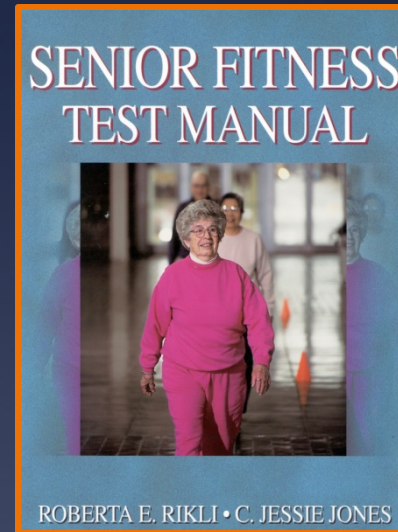
Balance and Mobility Specialist
Instructor Certification Program

Whole Person Wellness Workshop



Research Activities

- ✓ Evaluate the long-term efficacy of the CSA Whole Person Wellness Model
- ✓ Develop and test assessment tools and programs
 - ✓ Fallproof
 - ✓ Better Balance
 - ✓ Stay Well at Home
 - ✓ MBA
 - ✓ InSTEP



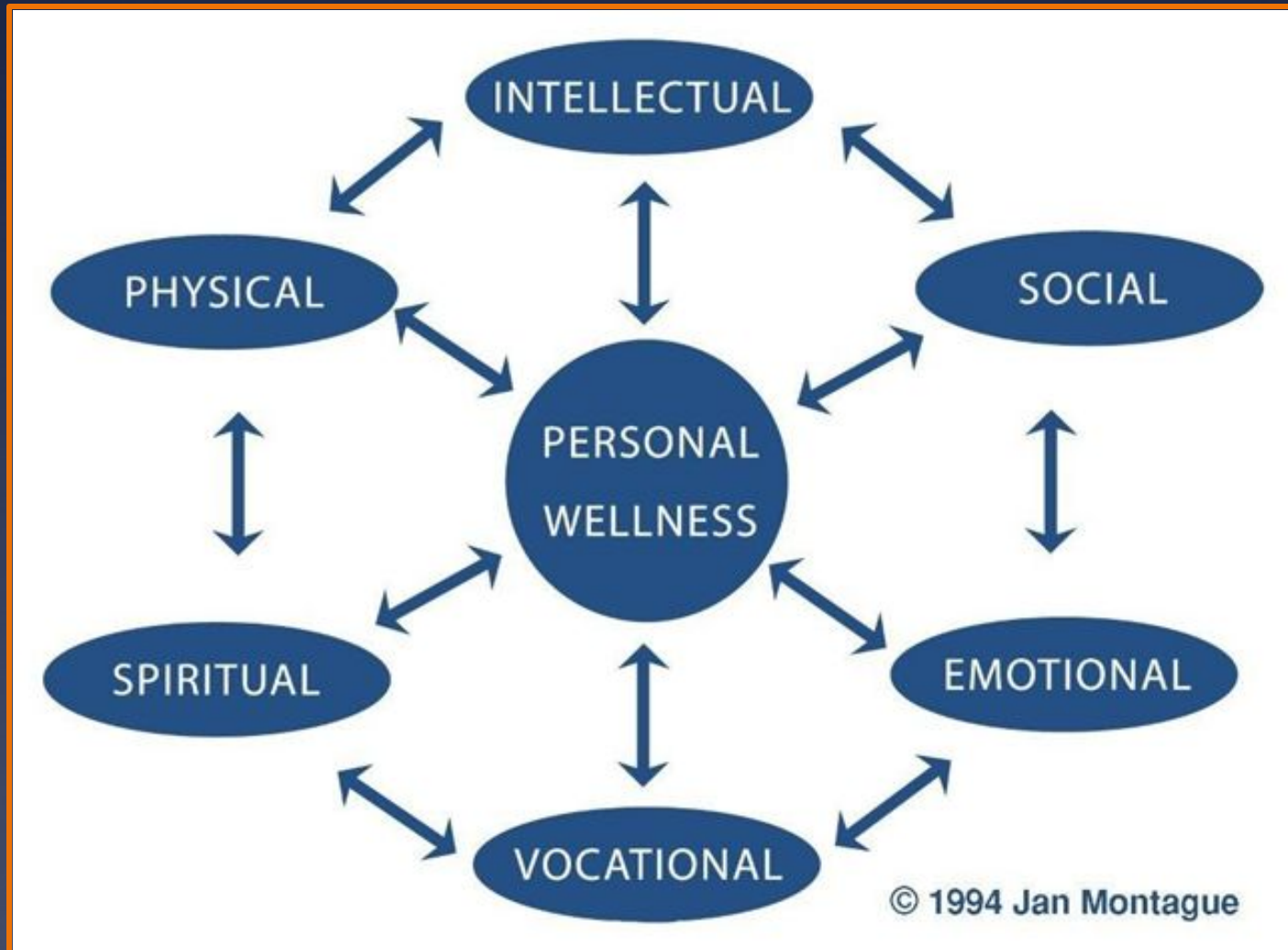
Community Outreach Programs

Serve Two Important Purposes:

- **Provide outreach to the community**
- **A learning laboratory for undergraduate and graduate students across disciplines**



Whole Person Wellness



Whole Person Wellness

Goal setting in each dimension of wellness

Physical activity program serves as catalyst for infusing other dimensions of wellness into programming:

- Social
- Spiritual
- Vocational
- Intellectual
- Emotional



WPW Activities

Physical Dimension:

Physical Activity Classes: Fit4Life;
Balanced Fitness; Fallproof;
Fallproof H₂O; Yoga

Seminars/workshops: Vision
Health; Nutrition; Postural
Awareness; Alexander
technique; Feldenkreis



WPW Activities

- **Social** – ice-cream socials; random acts of kindness week; Potluck luncheons; Wii Bit of Fun
- **Spiritual** – meditation walks; affirmation activities
- **Vocational** – volunteer activities; CSA mentors and ambassadors
- **Emotional** – Promoting sleep using progressive relaxation; stress reduction workshops; laughter yoga; drumming
- **Intellectual** – Brain teasers/activities; seminars.



