



# FITNESS

## EXERCISE IS MEDICINE & SKIN CANCER AWARENESS MONTH May Event Calendar



### FREEDOM FROM FRACTURES

MAY 2

Two million preventable fractures occur each year. 50% of all Americans over the age 50 will have a life-altering fracture – think wrist, rib, and hip fractures. Join Debbie Levinson as she shows you how to find Freedom from Fractures.

May 2: 4:00 – 5:00 pm

### SKIN! MELANOMA RESEARCH & CURE

MAY 8

Join Dermatologist Dr. Peggy Liao of Denver Skin Clinic and Register Dietician Nutritionist, Regina Topelson for a lecture on skin help. A presentation by the Denver Chapter of Hadassah and the JCC.

May 8: 7:00 – 8:00 pm

### TAKE A CLASS, EARN A SUN

MAY 1 – 31

May is Skin Cancer Awareness AND Exercise is Medicine Month. Regardless of age, we are encouraging you to participate in free programming and classes throughout the Fitness & Wellness Center which aim to increase your awareness of skin cancer and teach you how to prevent and treat chronic disease through exercise. The more you participate, the more suns you earn. The more suns you earn, the better chance you have to win one of our four grand prizes.

**How to earn a sun:** Attend any fitness class or participating event and receive a signature on your sun. Receive four signatures and turn your heart in to our desk staff to be entered in the grand prize drawing.

### EXERCISE IS MEDICINE

MAY 10, 15, 21, 24 & 30

Stop by for a 30 – 45 minute presentation with Jared Blitz, Fitness & Wellness Manager, on the many health benefits of making physical activity a daily part of your life.

May 10: 10:00 am    May 15: 5:30 pm  
May 21: 10:00 am    May 24: 5:00 pm  
May 30: 10:30 am

### TREADMILL TREKKING

MONDAYS – FRIDAYS & SUNDAYS

Join us on weekdays & Sundays for Treadmill Trekking, a 30-minute drop in interval class that will rev up your exercise regimen and jump-start your 2018 fitness goals.

Mondays – Fridays:  
8:00 – 8:30 am & 5:00 – 5:30 pm  
Sundays: 10:00 – 10:30 am

