



*Fit for Life!*

## Brownbag Lunch Series

Noon to 1:00 p.m.

at the

Landon Center on Aging,

Room 200

# January 18, 2012 (Wednesday)

**Presenter: Suzzane Willey & Paula Wiese**

We will touch upon benefits of mind and body activity for seniors. We will ask for volunteers to go through a quick 4 station senior fitness testing, as well as a quick cognitive brain fit test. Body strength, endurance, balance and cognitive stimulation are all important to enjoy quality senior living.



THEO AND ALFRED M. LANDON  
CENTER ON AGING

<http://www2.kumc.edu/coa>

**Call Matt Chandler at 913-588-3094 to Register.**

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