

ATTENTION UPMC OR ADVANTRA MEMBERS

Get More Out Of Life!
You're invited
to these special complimentary events!



HEALTHY SENIORS FITNESS EVENT

HURRY! Space is limited.
Events scheduled for December 7, 8, 10, 17 & 29th.

CLUB JULIAN
24 Hour Fitness
www.clubjulian.com



Call 412.366.1931 or visit www.clubjulian.com/rsvp
to reserve your space today - and you can bring a guest.

EVENTS SCHEDULED

- | | |
|-------------------------|--|
| December 7
Monday | Long Term Planning - 1:30pm
<i>presented by Costa Law Offices</i> |
| December 8
Tuesday | Exercising with Arthritis - 1pm
<i>presented by Physical Rehab. Services</i> |
| December 10
Thursday | Fitness for Seniors - 11:15am
<i>Low impact exercises geared toward those with arthritis.</i> |
| December 17
Thursday | Fitness Bingo - 2:30pm
<i>Join us for bingo and exercising!
Prizes will be given!</i> |
| December 29
Tuesday | Fitness Games - 12pm
<i>A fun way to learn new ways to keep fit!</i> |

Reap the rewards of improved health this season by visiting Club Julian by yourself or with a friend and enjoy the **indoor track, therapeutic heat of the whirlpool, sauna or steam room, and complimentary personal training to help with improved mobility.**

October 26, 2009 - Canadian Cardiovascular Congress

...exercise significantly cuts risk of heart disease and stroke, say researchers...

Three months of physical activity can improve elasticity in the arteries of older adults with Type 2 diabetes, cutting down the risk of heart disease and stroke, say researchers. A 15% to 20% improvement was noticed in the elasticity of the arteries of the group that performed some physical activities compared to those who didn't exercise, the study noted.



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