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Raymond James Cares Day

Sponsored by Roche Wealth Management

Tuesday, August 17

9:00 Shotgun

11:00 Lunch & Prizes

There will be a limited number of players allowed to play in the event. If we exceed the number of players a random draw will take place to determine who will be playing.

You must contact Shellie to sign-up!

Fitness News

Our last fitness lesson focused on energy conservation or ways activities can be done to minimize muscle fatigue, joint stress, and pain. By conserving energy, you can remain more independent and less frustrated by your disability and how it effects your quality of life.

We discussed the 5 P's which included **P**lanning, **P**rioritizing, **P**acing, **P**osture and **P**ower (use of assistive devices).

It's time to share the ways you conserve energy throughout the day using the 5 P's. Limit your strategies to the following categories: Housework/Yardwork, Dressing/Hygiene, Grocery Shopping, and Cooking.

Email your ideas to Gina, gbabinec@jointheturn.org.

The first 10 members who send a smart idea win a prize!

Golf News

By this time in the season our swings may get a little "tired". We will work on Angle of Attack this week to make sure we are not swinging too shallow or too steep. A proper angle of attack will allow the ball to get in the air, creating more carry and going much further.

Clubs to bring:

Wedge

Mid Iron (9-7)