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**Beginning the week of Monday February 28, 2022,  
masks will be optional for everyone in attendance at all Turn programming.**

# **For Caregivers Only**

*Stress Relief for Caregivers*

**March 3, 2:30-3:30**

## **Wharton Activity Room & on Zoom**

Join us for this important and helpful class, to help bring health and balance back to your life.

Presented by Judith Eugene Turn Yoga Instructor

**EMAIL GINA TO REGISTER [GBABINEC@JOINTHETURN.ORG](mailto:GBABINEC@JOINTHETURN.ORG)**

\*\*\*A Golf Social/Fitness session will be available to those members who need to accompany their caregivers to the presentation\*\*\*

We have tried to schedule a lot of our programs close to each other to make it convenient for Members to stay on site and participate in multiple programs. If any members need to stay on site in-between programs please let us know and we can make arrangements to have an area for you. Feel free to bring a lunch or snack as well.

### **Weekly Fitness Focus Strengthening in Older Adults**

A strength program needs to be incorporated into your exercise program. Strengthening can maintain or improve your muscle tone, reduce your risk of osteoporosis, which weakens bone, and reduce your risk for injuries.

All exercises have rules to follow if you expect results. The first rule is to clear any exercise program with your healthcare providers. Factors such as age, medical status, and medications need to be considered before you begin.

For the next two weeks, our golf fitness staff will teach you basics of strengthening including where to begin and an effective weekly schedule. We will review proper techniques such as breathing and appropriate range of motion. We will review terms such as reps and sets. Finally, we will teach you how to avoid injury during your strength work out.

**Stay Strong!**

### **Weekly Golf Focus Making an Impact**

This week's golf focus is another one of our in-swing fundamentals, IMPACT. Impact is also known as "the moment of truth" in golf because what happens during that moment has the biggest effect on your shot. We will help you to understand the differences between both proper impact as well as poor impact and the outcomes they can produce. Gaining a better understanding of what should happen at impact can help put you on the track for success.

What type of impact will you make on your game this week?

**Clubs to Bring:**

Putter, Wedge, Iron