



## **Timberhill Athletic Club Health Promotion Program**

Now Offering Health Education Workshops, Health Screenings, Health Fairs For Members, Community & Area Businesses.

Personal Health & Wellness Has Many Components. At Timberhill Athletic Club, Our Goal Is To Educate & Serve the Whole Person, As Well As Enhance Your Total Membership Experience.

Our Health Education Topics Include:

- **Women & Men's Health Updates** by Area Doctors & Health Practitioners.
- **Nutrition: Eating In A Busy World**, Provided by Area Dietitians, Nutritionists & Nutrition Researchers From Oregon State University.
- **Integrative Medicine Sessions** With Local Chiropractors, Osteopaths & Naturopaths.
- Current **Stress Management Strategies** With Area Counselors, Social Workers, Sociologists & Health Educators.
- New **Information On the Exercise Personality** & the Psycho-Social Aspects of the "Exercise Experience".
- **Mind-Body Holistic Health**: The Role of Mind-Body Movement Using the Brain & Body For Health & Total Well Being.
- **Health Aging**, What Current Aging Well Populations Are Doing Now & What Future Populations Will Be Doing For Health & Wellness.

Health Screenings:

- **Cholesterol**
- **Diabetes**
- **Osteoporosis**
- **Vascular Disease**
- **Flu Shots**

All Provided by Area & National Health Care & Screening Systems.  
(For Most Screenings Individual Participants Will Incur Costs & Be Responsible For Any Medical Reimbursement)

For More Information About Our Programs Please Contact Mike Waters at **(541) 757-8559** or Email at [timberhill.mike@comcast.net](mailto:timberhill.mike@comcast.net)

Check Out Our Website: <http://www.timberhillac.com/>