

Defeat the Disease!

Learn how at the 2010 Arnold Active Living Festival

Friday, March 5, 2010
9:30 am - 4:00 pm

Hyatt Regency Hotel Ballroom
350 N. High Street, Columbus

Nationally renowned professionals will show you how you can use mild exercise to:

- reduce the risk of disease,
- fight the effects, and
- slow the progression of a disease.

- 930am **Andrea Peabody**, area manager for the *SilverSneakers* adult activity and exercise program, will relate how exercise and social activities can help adults stay engaged and healthier. Andee also will emcee the Defeat the Disease presentations.
- 1030am **Christina Staccia**, director of the *National Diabetes Resource Center*, has successfully lived with diabetes for 50 years. She will share methods to reduce the risk of developing diabetes and to avoid effects of the disease.
- 1130am **David Zid**, founder of *Delay the Disease: Exercise and Parkinson's Disease*, teaches individuals and their caregivers how to reduce and prevent Parkinson's effects.
- 130pm **Nick Turkas**, *director of public health for the Central Ohio Arthritis Foundation*, will share the newest and best information for living with arthritis and motivate the audience with prevention tips.
- 230pm **Dr. David Sabgir**, a cardiologist, heads up the popular *Walk with a Doc* program. Learn how mild exercise can ward off disease, obesity and improve quality of life. Then take a fun walk through the Arnold EXPO.

Tickets are \$10 at the door, or through Ticketmaster. For more information, visit: <http://www.arnoldsportsfestival.com/> and click on Active Living Festival. Or contact Kathryn Lorz at 614 443-1877, or klorz@rrcol.com. Group rates and advance sales available.

Other fun things at the Arnold Active Living Festival: dance lessons; Central Ohio Senior Olympics in table tennis, Pickleball, fencing; and the 50+ Dancesport Challenge.