

TRI-C WESTSHORE CAMPUS

LEARNING

FOR LIFE

Lecture Series *presents*



# Never Grow Old Fitness

with Paul O'Donoghue,  
Certified Functional Aging Specialist,  
Functional Aging Institute

While building strength and aerobic capacity are hugely important to all our fitness programs, we too often don't spend enough of our training time with the types of exercise that help us MOVE comfortably and confidently through life.

**Join Paul and Mary O'Donoghue for an introduction to  
the Functional Aging Training™ Model.**

This training model has been developed to improve functional outcomes in older individuals. Emphasis on flexibility, balance, agility, reaction, cognition, and power will be demonstrated.

**Wednesday, Oct. 19, 2016 | 6:30 p.m.**

**Westshore Campus Room 112**

31001 Clemens Road, Westlake

**Free and open to the public! No reservations required.**

For additional information, please contact:

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Cuyahoga  
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College

