

The Center Post

Volume 25

APRIL 2016

**The Enrichment Center
Hours of Operation:**
Monday - Thursday
8 a.m. - 8 p.m. and
Friday 8 a.m. - 5 p.m.
919-776-0501

Our purpose
is to connect boomers,
seniors, family
caregivers and veterans
with meaningful
educational and
volunteer
opportunities; increase
their access to services,
benefits and resources
and offer tools to
manage health
and finances.

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information about...*

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To All Enrichment Center Volunteers

Join Us for An All-American Picnic

Volunteer Appreciation Dinner



**Monday
April 11, 2016**

Doors Open 5:30 pm

**Please RSVP by Calling
919-776-0501 ext. 2201**

**Deadline to Register
Friday, April 1, 2016**

**ONE additional ticket may
be purchased for \$6.00
prior to event.**

***Thank you volunteers for
your time and talents.***

***Join in our All American
Theme and wear red, white
and blue!***

13th Annual Caregiver Education Conference

"Navigating the Dementia Care Maze"

Tuesday, April 12, 2016
Dennis A. Wicker Civic Center
1801 Nash Street, Sanford, NC
8 am - 4 pm Lunch Included

PRESENTED BY:



And

The

Enrichment Center



alznc
Alzheimers North Carolina, Inc.

*Here for you...
today and tomorrow*

*This is a one day conference for family caregivers,
professional caregivers, community and anyone
interested in learning more about
dementia and Alzheimer's.*

**Professional Registration \$40 (4.5 CEU's)
All Other Registrations \$10**

Submit Registration to: Lisa Levine
AlzNC, Inc., 1305 Navaho Dr., Suite 101,
Raleigh, NC 27609
(800) 228-8738 Email: llevine@alznc.org

Special Guest Speakers
Melanie Bunn, Dementia Training Spec.
Cornelia Poer, Duke Geriatric
Dr. Taeh Ward, Pinehurst
Neuropsychology

NEW! Virtual Dementia Tour See Pg. 7

Thank you to our sponsors!



SENIOR CENTERS ~ Experts at Living Well

***In 2015 over 200 volunteers were registered
and they served 8,465 hours for The Enrichment Center.***

Our volunteers use their personal skills and even develop some new ones along the way! Youth and adult volunteers give of their time at The Center for development, socialization and fun. It can even establish contacts for possible employment. Volunteers give their time on a regular and as-needed basis. ***Call Janice today at 919-776-0501 ext. 2206 if you are interested in volunteering.***

These volunteers assist our Social Work

Department with various needs such as housing and home repair, and delivery to Angel Tree recipients. ***Mark Ariy, Ed Barkwell, Bill Carter, Fred Glass, Richard Holshouser, Daniel Egbert, Michael Carter, David Glass, Bob Smith, Joyce Smith, Ernest Murchison, Sam Carter, Haley Draughn, Pat Edmonds and Willis McNeil***

Senior Services Advisory Board members are appointed by the Lee County Commissioners and are responsible for reviewing policies, fiscal budget, grants, center programs and services and assist with building rental requests. ***Karen Oldham, Donese Pulley, Jim Payne, Jim Turner, Commissioner Ricky Frazier, Mary Upchurch, Dave Shabaz, Trudy Forrest and Vera Marks.***

Support Groups Leaders. ***Linda Moore, Marge Kanning, Ruth Stone, Bob Brickhouse, Joy Phillips Murphy, Carol Atwood, Rosemary McLeod and Carolyn Savina.***

Caregiver Time Out volunteers are available on Tuesday afternoons to offer a break to caregivers. ***Dorothy Matthews, Donna Kelly, Sarah Gladden and Willie Jourdan.***

Saturday Night Dance volunteers are responsible for securing the bands, refreshments and set up of the dance held Saturday nights at 7 p.m. ***Harold Harrington, Carl Nunnery, Mary Nunnery, Ruth Lerche, Joyce Black, Frances Carter, Ralph Harrison and Mattie Whitley.***

Enrichment Center, Inc. Board members are responsible for overseeing the expenditures of private donations. ***Bud Greene, Tom Joyner, James Emerson, Margaret Murchison, Bob Will, June Gunter, Janice Scoins, Jim Foster, Bob Garrett, Lee Setzer and Charles Alexander.***

The following volunteers are responsible for planning and implementing the **Senior Games & Silver Arts of Lee County** program. Local games are held in May and State Finals in September and October. ***Bob Garrett, Gael Hogan, Mike Neal, John Payne, Bill Shuey and Jim Turner.***

Nifty Noggins volunteers make coverings for "smart" heads. The coverings are free to cancer patients. From classy berets to handy bandannas, this group has it "covered." ***Ann Beale, Darlene Christiansen, Leona Cox, Mary Parker, Sue Wagenhauser, Marian Carlson, Eva Warrick and Kay Turner.***

S.H.I.I.P. (Seniors' Health Insurance Information Program) volunteers help Lee County citizens with questions regarding Medicare, Medicare Prescription Drug Plan, Medicare bills and supplemental insurance policies. ***George Miller and Jim Glines.***

These volunteers represent Lee County older adults at the **Area Agency on Aging's Advisory Board.** ***Mary Upchurch, Donese Pulley, Karen Oldham and Jim Payne.***

Tax Aide volunteers assist older, low to moderate income people with their income tax filing. The service is free and provided in cooperation with AARP and the IRS. ***Gayle Anderson, Judy Barton, Robena Black, John Burns, Robyn Carpenter, David Kennedy, John Koneski, Henry Merritt, Jim Payne, Joyce Smith, Billy Tew, George Thompson, Mary Upchurch, Nancy Johnson, Larry Foran, Tom Lawson, Patt Likes and Elaine Thomas.***

Fitness Room volunteers assist with fitness orientations, fill in for instructors, and keep towels in the fitness room for participants. ***Trudy Forrest, Cleo Bryant and Bonnie Marks.***

These volunteers represent Lee County older adults at the **Senior Tar Heel Legislature**, which was created by the NC General Assembly in 1993 to provide seniors on matters being considered by NC General Assembly, promote citizen involvement and advocacy concerning aging issues and assess the legislative needs of older citizens. *Mary Upchurch and Jim Payne.*

CENTER POST volunteers meet the last Wednesday of every month to fold, tape and label approximately 350 newsletters for bulk mail out. *Ruth Conder*

Cookie Cutters volunteers are the ones to thank for the delicious homemade cookies that are often served at the Center. *Ruth Conder, Donna Jackson, Diane Davis, Pam Stephens and Marie McLendon.*

The **front desk** area of The Enrichment Center is an extremely busy place. From greeting guests as they arrive, answering the ever-ringing phone, and directing guests to the various activities, these volunteers are very much appreciated. *Joyce Billings, Linda Battle and Donese Pulley.*

These volunteers assist with **various events** that are held each year, such as the Gay 90's luncheon, the Boomer, Senior & Caregiver Expo, and the Caregiver Education Conference. *Jim Payne, Vivian McRae, Ruth Conder, Janet Fasick, George Miller, Theresa Miller, Esther Siler, Mary Upchurch, Avron Upchurch, Bud Greene, Mark Coggins, Kathy St. Clair, Hugh Pembleton, Ginny Pembleton, Gladys Thomas, Frank Kaufman, Melvin Griffin, Patricia Edmonds, Bettie Ervin, June Gunter, George McBryde, Jeanette Brown, Janice Scoins, David Piggie, Linda Rapp, Joyce Smith, Alberta Williams, Linda Battle, David Kennedy, Judy Warf, Jack Warf, Ollie McLucas, Nancy McLendon, Donese Pulley, Elizabeth Bass, Nettie Scotten, Pat Maguire, Shirley Fehr and Dana Guevara.*

Bingo Volunteers are responsible for the coordination of BINGO games. *George A. McBride, Bettie Ervin Battle, Earl Thompson and Peggy Grimshaw.*

Much to the delight of our **Diners' Club** participants, these volunteers regularly share exercise & dancing activities, Bible study, and music. *Robert Lewandowski, Patricia Lewandowski, Joyce Billings, Laurence Poindexter and Mark Coggins.*

In the past year, **Home Delivered Meal** volunteers delivered more than 30 lunches per day Monday through Friday to homebound older adults in Lee County. *Judy Warf, Jack Warf, Hugh Pembleton, Ginny Pembleton, Eugene Rackley, Don Roundy, Ginny Roundy, Sam Sillaman, Bob Smith, Joyce Smith, Jim Payne, Norbert Miller, John Corbett, Donna Corbett, Kathy St. Clair, Janice Scoins, Allan Scoins, Judy Garner, Gayle Matthews, William Matthews, William Henning, Velma Rogers, Geneva Frye, Ed Angel, Sam Wilkinson, Louise Wilkinson, Bill Tannenbaum, Claire Tannenbaum, Brandi Phillips, Jim Turner, Bill Carter, Leslie Prezymusinski and Pat Moerke.*

Diners' Club volunteers assist Monday through Friday in taking lunch meals to the tables, overseeing donations and reservations for the following day's lunch. *Earl Thompson, Alberta Williams, James Baker, Frank Kaufman, Mary Chalmers, Joyce Smith, Patricia Edmonds, David Piggie, Dorothy Matthews, Delphine Walters, Linda Nelson, Melvin Griffin, Peggie Goodbar, Ed Barkwell, Hazel Roberts, Genevieve Lucas, DeeDee McKenzie, Peggy Grimshaw, Bettie Ervin-Battle, Sharon Embree, Carol Hargrove, Hazel Nickens, Shameka Dowdy, Alba Hinojsa, Jane Carter, Joan Quick, Herbert Ray and Joanna Ray.*

Administrative volunteer assists staff members when needed, everything from tallying survey results to making phone calls to alerting participants to upcoming events and activities. *Linda Rapp.*

Lee County Transportation Advisory Board members are appointed by the commissioners to advise on the needs of transportation in the county *Bob McCarthy and Doug Doris.*

Volunteer **Program Facilitators** regularly share their time and talents so that we may offer a variety of affordable programs and classes. *Jochen Thomas, Dot Boaz, Mark Coggins, Norman Findley, Nancy Pickard, Carolyn Arnold, Richard Palmer, Margaret Murchison, Pam Rose, Phil Bruce, Susan Hooper, Shirley Buchanan, Ruth Conder, Sandy Scott, Ann Beale, Don Schreiner, Barbara Bedore, Joyce Billings, Alberta Williams, Rosemary McLeod, Pam Glover, Donna Jackson, Janet Fasick, Gilroy Buller, Gretchen Grindle, Dana Guevara, Nancy Johnson, Judith McDonald, Bob Smith and Ruth Stone.*



Cards & Games Party

***We need you! And so does
The Helping Fund!***

Co-sponsored by Miller-Boles Funeral Home

Tuesday, April 5, 2016

2:00 pm - 5:00 pm and/or 7:00 pm - 9:00 pm

\$4 per person, per session.

100% of all dollars raised at the party assist Lee County older adults who are in a crisis situation with electricity and other necessities of life.

Enjoy refreshments, door prizes and fellowship!

Rada Cutlery will be on display for purchase and ordering. Proceeds from Rada benefits The EC, Inc. Helping Fund.

Register by calling 919-776-0501 ext. 2201.

A Novel Approach Book Club Meets the 2nd Tuesday at 12:00 pm Registration is not necessary and the group is open to the general public. **April 12** discussion: *Rebecca* by Daphne DuMaurier. **May 10** discussion: *Nightingale* by Kristen Hannah.

AARP Smart Driver Course Thursday, April 28, 2016 from 9 am to 2 pm with **AARP Instructor Phil Bruce**. AARP members \$15, non-members \$20. The classroom course includes: safe strategies to reduce the likelihood of a crash; increasing confidence; driving safely while sharing the road with others; new safety and advance features in vehicles. Space is limited, call 919-776-0501 ext. 2201 to register.

Saturday Nite Dance Live music and good fellowship at 7:00 pm. Admission is \$7.00 per person. **Bands for April 2016:** 2nd—Southern Exposure, 9th—Trace Jazz, 16th—Midnite Express, 23rd—Bill Pollard Back Porch Country, 30th—The Fabulous Troubadours.

Diners Club A daily celebration



A nutritious lunch is available in the Diners Club Monday through Friday at 12:00 Noon for Lee County residents 60 and better.

C Menu selections include: Baked chicken, hamburger, chef salad, vegetables, fruit, bread, cobbler/cake and beverage. If you are interested in having lunch with us call Carole Nicely at 919-776-0501 ext. 2205 for information and to register.

11:00 a.m. programs in the Diners Club are open to the general public.

1st—Karaoke
6th—Laurence Poindexter singing & playing guitar
13th—Corn Hole
15th—Extra Bingo
19th—Sassy Red Hatters
20th—Miller Boles
22nd—Why Buy Organic? With Cathy Sewell
29th—Dr. Goldstein, Central Dermatology

**Walking Club EVERY WEDNESDAY
10 am in the Diners Club!**

Bible Study Every Monday at 10:30 a.m. with Facilitator Joyce Billings. Open to the general public.

Diners Club Sassy Red Hatters

Meet the 3rd Tuesday at 10 am. Join these ladies for some fun and fellowship. Wear your red attire on this day and make plans to be a part of a group of women 50 and better who enjoy life to the fullest!

Nifty Noggins are head coverings for cancer patients and come in a variety of materials and styles. The volunteers at **Nifty Noggins**, would be most happy to share, free of cost, the head coverings that they make just for you. Volunteers will meet Thursday, April 14, 2016 at 10 a.m. **If you would like a head covering, contact Carole at 919-776-0501 ext. 2205.**



*Share the Joy of
Healthy Aging
Through
Senior
Games
& Silver
Arts*

Are you 50 years or better and...

- ⇒ Enjoy bowling, basketball, golf, horseshoes, bocce, cornhole or softball?
- ⇒ Like taking photographs or knitting?
- ⇒ Take pleasure in writing or artwork?
- ⇒ Like pickleball or shuffleboard?

REGISTER NOW

Registration ends April 30, 2016

Online registration available!

For more information and to register contact Jimmy Solomon,
Local Coordinator
919-776-0501 ext. 2207.
jsolomon@leecountync.gov

Sponsored locally by:

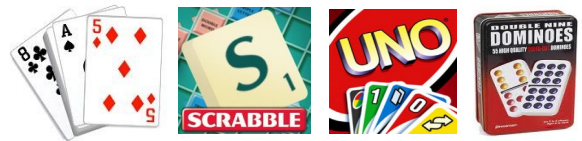


*This program is sanctioned
by North Carolina Senior Games, Inc. NCSG, Inc.
Sponsored state-wide by the
North Carolina Division of Aging and Adult Services.
www.ncseniorgames.org*

Cards & Games

**Card & game groups listed are open
to all adults. Drop in and join us for
BRAIN FITNESS!**

*Brain fitness is our brain's ability to strengthen and
promote connections in the brain to maintain important brain
functions. **Brain fitness** activities contribute to
improved mental and physical health.*



4th Wednesday Cards

2:00 pm - 4:00 pm Bring cards and friends and
play the game of your choice.

Hand N Foot - A Form of Canasta

Facilitator: Carolyn Arnold

Mondays, 12:30 pm - 4:00 pm

Canasta

Instructor/Facilitator: Carolyn Arnold

Fridays, 12:30 pm - 4:00 pm

Mexican Train Dominos

Instructor/Facilitator: Norm Findley

2nd & 4th Tuesday, 12:30 pm - 4:00 pm

Scrabble

1st Thursday & 3rd Thursday, 12:30 pm

4th Friday Bridge

Instructor: Ann Griffin

10:00 am - 1:00 pm



SHIIP Monthly Column
Provided by Seniors' Health Insurance
Information Program, NC Department
of Insurance, Raleigh

Medicare's Preventive Services
May Help You Stay Well

Your Medicare benefits can do more than help cover the costs of doctor and hospital bills. Medicare's preventive benefits help you to be proactive with your health in order to avoid serious illnesses or chronic conditions such as diabetes, heart disease and cancer.

Whether you get a flu vaccine, are screened for diabetes or other illnesses, or want help to quit smoking, Medicare preventive services are covered no matter what kind of Medicare health plan you have. Preventive services can catch health problems early when treatment works best and can keep you from getting certain diseases or illnesses. Preventive services include exams, lab tests, screenings, vaccines, monitoring and information to help you take care of your own health.

Medicare covers preventive care whether you're in Original Medicare or a Medicare Advantage Plan (also known as a private health plan). If you have Original Medicare, you pay no coinsurance or deductible for certain preventive services if you see a provider who participates in Medicare. Medicare Advantage Plans must also cover the full cost for preventive services that are free under Original Medicare as long as you follow the plan's rules. Call your plan provider for more details.

Keep in mind, you may have costs related to some of these preventive services if your provider makes a diagnosis during the service or performs additional procedures. For example, if your provider removes a polyp during a colonoscopy, the colonoscopy will be considered diagnostic and costs may apply.

The following is a list of preventive services that are covered with no deductible or coinsurance:

- ◆ Welcome to Medicare Preventive Visit
- ◆ Annual Wellness Visit
- ◆ One-time Abdominal Aortic Aneurysm Screening
- ◆ Alcohol Misuse Screening and Counseling
- ◆ Mammogram Screening
- ◆ Breast Examination
- ◆ Cervical Cancer Screening
- ◆ Colon Cancer Screening
- ◆ Depression Screening
- ◆ Diabetes Screening
- ◆ Heart Disease Screening
- ◆ HIV Screening
- ◆ Medical Nutritional Therapy
- ◆ Obesity Screening and Counseling
- ◆ Osteoporosis Screening
- ◆ Prostate Cancer Screening
- ◆ Smoking Cessation
- ◆ Sexual Transmitted Infection Screening
- ◆ Vaccines

If you have questions about Medicare's preventive benefits, contact SHIIP at 855-408-1212 to speak with a trained counselor for free, unbiased counseling or request a free brochure.

Let's travel
in 2016!

The Enrichment Center
1615. South Third Street, Sanford
919-776-0501 x 2201

Branson, April 23-May 1 Incredible price includes motorcoach transportation, 8 nights lodging, admission to 7 Branson shows, and 14 meals.

Catawba Queen Riverboat & Lazy 5 Ranch, May 10
 See 400 animals from all over the world! Then we will enjoy a lunch cruise on beautiful Lake Norman aboard the Catawba Queen.

Salvage Dawgs & Hillbilly Hide-A-Way, June 9 In beautiful Roanoke, Virginia we visit Black Dog Salvage, with free time at the historic Farmers' Market and then we will stop at Hillbilly Hide-A-Way for an all-you-care to eat home cooked meal.

Wohlfahrt Haus Dinner Theatre, August 10 In the beautiful Appalachian Mountains of southwest Virginia, we will have a delicious meal followed by a production of "Joseph and the Amazing Technicolor Dreamcoat".

New York City and The Statue of Liberty, September 22-28 We are off to "The Big Apple!" Manhattan, Central Park, Rockefeller Center, Times Square, Ellis Island, Liberty Island, 9/11 Memorial and admission to the 9/11 Museum.

NC State Fair, October 18 This is our annual trip to the NC State Fair in Raleigh, NC where food and fun are all around you!

Christmas Wonderland at the Palace Theatre, December 15 Upon arrival in Myrtle Beach, we visit Broadway at the Beach, enjoy some free time and then see a wonderful show!

More detailed information is
available at the front desk of
The Enrichment Center or by
calling 919-776-0501 Ext. 2201.

corner

caregiver



My Dear Family

Caregivers and others,

There has not been a day in my 15 years that I didn't want to come to work at The Enrichment Center because I loved my clients and my job. What a blessing to be able to say that! You have taught me much as we have gone through joy and sadness together on your caregiving journeys.

My career has been challenging and rewarding. I did my best and I was well rewarded in kindness and friendship. I was privileged to be part of a team which achieved success that we can all be proud of.

In my role as Family Caregiver Advisor, I was given the opportunity to use my talents and serve others as I have always been interested in helping others, learning and personal development. Thank you so much for giving me an understanding of caregiving in every aspect. We have all learned a lot from our workshops, conferences and caregiving classes. You are all great caregivers because you are doing the best you can! Family caregivers, remember keeping a sense of humor, spreading a lot of love and giving hugs can turn a bad day into a good day! Thanks for everything and including me in your caregiving journey. I shall miss you. **Love, Judi**



Annual Caregiver Education Conference with Alzheimer's NC Tuesday, April 12 Dennis A. Wicker Civic Center

During the conference you will have the option to participate in the **Virtual Dementia Tour**. The **Virtual Dementia Tour** is a powerful sensitivity and awareness experience created for anyone seeking to understand the physical and mental challenges of those with dementia.

The **Virtual Dementia Tour** is a dementia simulation where you will experience the challenges someone with dementia might face. Sign up at the morning conference check-in in the lobby. The tour is on-going through the conference and during lunch and takes about 15 minutes. **We would like to thank Spring Arbor of Apex for providing the Virtual Dementia Tour!**

FAMILY CAREGIVERS: Help with your loved one is available so that you may attend the conference. Contact Judi at 919-776-0501 ext. 2201.

Caregiver Time Out - Tuesdays from 1:00 pm to 3:00 pm Family caregivers can bring their loved one to this weekly group where there's fellowship, games, puzzles, crafts and refreshments. Program made possible by the **National Family Caregiver Grant**. For further information and to become a part of this group contact Judi at 919-776-0501 ext. 2230.

Congratulations! These individuals have successfully completed the course *Powerful Tools for Caregivers* and are hereby declared equal to the task of taking control of his/her life and taking action to restore balance between caring for others and caring for themselves. Martha Quick, Harry Heuts, Hazel Bullard, Pat Oud, Sallye Chalmers and Laura Hill. *Powerful Tools for Caregivers is a nationally recognized evidence-based course that equips family caregivers with the tools and resources to thrive in their caregiving roll. For dates of the next course call 919-776-0501 ext. 2230.*

Alzheimer's & Dementia Support Group

Facilitator: Judi Womack. "Anticipatory Grief," Thursday, April 7 at 1:00 pm with **Gail Smith & Marketta Williams, UNC Healthcare.** Refreshments served. General public invited.

Sanford/Lee Co. Stroke Support Group

Facilitator: Joy Phillips Murphy. Thursday, April 14 at 1 pm. With Kathy McLeod Edwards presenting "A Matter of Balance", a nationally recognized evidenced-based wellness program. General public invited.

A.N.G.E.L.S. - Angels Now Getting

Empathy, Love & Support is a family caregiver support group that bond together the second and fourth Tuesday of the month at 6:00 pm General public is invited.

FACT—By 2018, North Carolina will have more people 60 and older than 17 and younger.

Along those lines, by 2025, 90 of the 100 counties are projected to have more people 60 and older than 17 and younger.

"As the state's roughly 2.4 million baby boomers reach retirement age and life expectancy increases, the population of residents 65 and older will increase rapidly during the next couple of decades," NC Governor Pat McCrory.



The Enrichment Center
 1615 S. Third Street, Sanford, NC 27330
 919-776-0501 www.leecountync.gov/ec
 email: enrichment.center@leecountync.gov
Handicapped Accessible Facility
*June 2013 Re-Certified Senior Center of Excellence by
 the North Carolina Division of Aging and Adult
 Services.*

Non-Profit Org.
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 Sanford, NC
 27330
 Permit No. 198



*Be sure to tune in to The Enrichment Center Radio
 Newsletter Monday through Saturday,
 11:35 a.m. on Life 103.1 WLHC-FM.*

Blood Pressure Checks are provided by **Liberty Home Care** every 2nd Tuesday of the month at The Enrichment Center from 10:30 am - 11:30 am.

The mission of Lee County Senior Services
 is to fashion an achievable vision of successful aging in Lee County.

Accepting Reservations for the Annual Gay

90s Luncheon to be held on Wednesday, May 11 at 12:00 noon. This luncheon is hosted each year to honor Lee County's very special residents who are 90 and older. If you or someone you know wishes to attend **contact Debbie Williams, Senior Center Program Director at 919-776-0501 ext. 2203.**

Are you interested in a Pinochle group?

Contact Debbie Williams, Senior Center Program Director, at 919-776-0501 ext. 2203.

Shanghai Rummy card group meets the first Wednesday of the month 2 pm - 5 pm. Registration not required.

Rex UNC Healthcare Mobile

Mammography is coming to The Enrichment Center Friday, June 3, 2016 at 9 am. All patients must pre-register with the Lee County Health Department. This service is designed for those at least 35 years old for a first time mammogram, or at least 40 years old for annual mammogram. Contact the Lee Co. Health Dept. for your appointment and further information, 919-718-4640 ext. 5317.

Exercise Training Classes

By National Exercise Trainers Association

Lee County Senior Services and NETA, a non-profit fitness professional association, are co-sponsoring the following nationally-recognized workshops:

Senior Fitness Specialty Certification

Saturday, April 30, 2016 from 8 am to 4 pm, Cost \$169

Meet the growing demand for fitness classes geared specifically for active older adults. NETA's new Senior Fitness Specialty certification is designed for fitness professionals wanting tools to safely and effectively train and teach the older adult population.

Yoga, Inc.

Sunday, May 1, 2016 from 8 am to 1 pm, Cost \$119

Making yoga accessible to everybody requires modifications and options. This workshop provides instructors important knowledge and techniques to provide instruction for special populations with health limits and/or conditions.

**To register call 800-237-6242 or on-line at www.netafit.org
 Local Contact: Kathy McLeod-Edwards 919-776-0501**