

Upcoming Events in West Knoxville at South College:

400 Goodys Lane, Knoxville, TN. Enter under the dome. 6:30 - 8:30pm

April 9th - Want to Stay Young? Remember how to Play!

You may be familiar with the old saying, "We don't grow old and stop playing. We stop playing and grow old." Regardless of your age, you can remain young at heart!

Join Rachel Marshall of Humiovi Thai Yoga institute and learn how. Reconnect with your playful side and experience...

- More fun and laughter
- A new outlook on life
- A willingness to enjoy the passing of time

Door Prizes!

May 14th - Tune into your Ear for Healing!

Join Karen Martin and learn about acupuncture for your health! This presentation will be interactive and fun for everyone. More details coming soon. Until then, enjoy a laugh!



"I'm learning how to relax, doctor —
but I want to relax better and faster!
I want to be on the cutting edge of relaxation!"



Upcoming Events at the Rarity Bay Community Center:

150 Rarity Bay Parkway, Vonore, TN 6:30 - 8:30pm

April 25th - Give your Joints a Tune-Up and Avoid Joint Replacements!

A life of physical activity can take a toll on our bones and joints. Prevention is the key, but sometimes it's too late.

Stem Cell Therapy offers an alternative to joint replacement.

Learn more about what this cutting edge technology can do for you with Dr. Charles Adams of Personal Integrative Medicine.

This may be just what you need to heal the pain and.

- Reclaim your life
- Return to your favorite activities
- Play with your grandchildren

Door Prizes!

May 23rd - Bone Appetit'

Find out how you can strengthen your musculo-skeletal system and unleash a new level of physical health that exceeds far beyond muscles and bones - resulting in better posture, balance, agility, and cognitive function. Join Dee Matchett of Osteostrong at CHEO's May presentation and learn what you need to do to...

- Prevent falls and fractures
- Have the strength to work, play, and go on new adventures, well past retirement
- Break a family history of osteoporosis

Let that family history be the only thing that gets broken. Bring a friend and discover a new level of freedom!

Door Prize: 4 Free Sessions at OsteoStrong!

**Discover Your Options for
Wholistic Wellness!**



**Get Connected  Be Nourished
Leave Empowered**

**All are welcome! FREE for members,
\$10 minimum donation for guests.**

www.CheoKnox.org

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