

Inspiring Wellness IV

Inspiring Wellness IV: Get Inspired, Get Healthy Wellness Weekend is a community health initiative designed to increase the health of our community. It was created by Health Ministries of First Presbyterian Church along with Debra Mazda, M.Ed., CPT and Hilton Head Hospital.

PRE-REGISTER BY FEBRUARY 2:

Registration fee: \$20
Includes Friday dinner, Saturday lunch, gift bag, exercise DVD & exercise equipment

For more information and pre-registration, call

(843) 681-3696

INSPIRING WELLNESS weekend is open to all who want to FEEL and LOOK better!

About First Presbyterian Health Ministries



Mission Statement:

“To promote wholeness of body, mind and spirit by empowering individuals to be responsible stewards of God’s gift of life.”

Health Ministries was developed to help meet the physical, emotional, relational and spiritual needs of the church community. Today, churches are seeing the importance of wholistic living and of integrating health ministry into the life of the congregation. The goal is to promote health (not to provide it), and to reflect God’s love through professional and personal caring, while maintaining confidentiality.



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**We thank our co-sponsor:
Hilton Head Hospital**

Inspiring Wellness IV

A Community Health Initiative

Get Inspired
Get Healthy
Wellness Weekend

February 6 & 7, 2015
First Presbyterian Church

Pre-register by February 2

February 6: 6:00 - 8:00 p.m.

February 7: 9:00 a.m. - 2:30 p.m.



Wellness Experts

Debra Mazda, M.Ed., CPT is the Wellness Director for the YMCA in Lansdale, PA. Debra is a motivational fitness expert and the creator of ShapelyGirl Fitness™, a motivational fitness program which includes workout DVDs, inspirational CDs, and access to an online community, www.debramazda.com. At the age of 21, struggling with relationship and health issues, Mazda took one simple, but daring, step that changed her life: she walked in the door of her neighborhood gym and a habit was formed to “get moving.” She has a BS in Human Movement and a M.Ed. in Sports Psychology from Temple University and is a well-known teacher and trainer. She has worked with exercise guru Richard Simmons, who adopted her “move first, diet second” approach. Seeing the impact her program made on the lives of her clients inspired Mazda to branch out and deliver her positive message to women worldwide.

Holly Mlodzinski, MS, RD, LD, is a registered and licensed dietitian and Clinical Nutrition Manager at Hilton Head Hospital. She is also a wellness educator for cardiac and pulmonary rehabilitation. Holly is involved in wellness programs for the Beaufort/Jasper County School districts and American Heart Association, and is a member of the executive team for the Eat Smart Move More Low-country coalition.

Schedule

Friday, February 6:

6:00 - 8:00 p.m.
Registration

Light, healthy dinner

“Talk Title”
Debra Mazda

Saturday, February 7:

9:00 a.m. Registration

9:30-10:00 a.m. ***Stretch and Positive Breathe workout with Debra!***

Get Inspired, Get Healthy, Get Moving with Debra!

Nutrition:

- ◆ Weight-loss - what is realistic after 50
- ◆ Emotional eating
- ◆ Mindfulness eating - a tool for the future
- ◆ Why nutrition is important as you mature

Fitness:

- ◆ Exercise - important at any age
- ◆ How to get strong as we mature
- ◆ How to protect your joints
- ◆ Self-esteem
- ◆ Prevention of injury

Workout with Debra!

12:30 – 1:30 p.m.
Sack lunch & beverages in Fellowship Hall

1:30 p.m.

Wellness:

- ◆ Arthritis/osteoporosis
- ◆ Menopause
- ◆ Sleep
- ◆ Diabetes