



# Optimal Aging Lightning Rounds

This active and participatory session, provided by the Institute for Sustainable Health & Optimal Aging in partnership with SMART's Wellness Task Force, will feature four interactive presentations on mind, body, spirit and soul interventions available at Uofl that can help you age optimally across your lifespan.

## Belknap Campus

Wednesday, September 20  
12:00pm to 1:00pm  
GHN Wellness Center

## Presenters



### Chair-Based Yoga

Yoga instructor, Cathy Schaffer, will lead the group in a chair-based yoga session. Cathy offers morning yoga classes available to UofL students, faculty and staff.

Participants will experience various yoga poses that safely move the spine and limbs in various positions to promote health and function of the body.



### Buff Bones

Certified in pilates, barre, yoga, and nursing, Cheri Schnautz will be leading a session of Buff Bones.

Buff Bones is a system of movement for bone and joint health. It leverages bone-strengthening and balance techniques along with Pilates, functional movement, strength training and therapeutic exercise.



### Taste of KORU Mindfulness

KORU Certified instructor, Paula Kommor, will provide a brief exposure of KORU mindfulness excerpts. Koru Mindfulness classes & retreats available to UofL students, faculty and staff.

The wisdom that accompanies aging can be nurtured by meditation practices which optimize our capacity for compassionate, clearly-focused and mindful living.

### & Salsa

Paula Kommor will lead participants in a fast salsa lesson - a mini sample of the classes she offers that are available to UofL students, faculty and staff.

Salsa is a fast and emotive experience that has the benefits of cardio exercise while also serving to increase our emotional health and self-confidence levels.



The Optimal Aging Lightning Rounds is presented every year as part of Optimal Aging Month. Learn more at [www.optimalaginginstitute.org/Sept](http://www.optimalaginginstitute.org/Sept)