

The Carmel Foundation Wednesday Programs July 2017

Refreshments Served Immediately Following the Program

Fountain of Youth Training – Restorative Movement and Self-Defense System.

Time: Wednesday, July 5, 2:30pm

Learn to focus and reconnect the body and mind from disconnection that happens from a sedentary lifestyle. A fall can result in a major decline in independence; don't lose your independence. Jason Costanza will bring you greater awareness on the importance of staying active and teach you how to work with your limitations mentally and physically. Start small. Jason will make it fun and exciting for everyone while functionalizing any movement possible in each person. Are you in a wheel chair or using a walker? No problem! Come see for yourself!

Living Long, Healthy and Energetic – Prevent Diseases

Time: Wednesday, July 12, 2:30pm

Did you ever want to learn more about your health, longevity, and how to prevent diseases? Are you or someone you know dealing with a life threatening condition and wanting to maintain vigor, as you address these issues? Come hear a one of kind presentation by Dr. Joel Scheinbaum.

“Life is a Bumpy Road” Storytelling by Tony Albano

Time: Wednesday, July 19, 2:30pm

Come enjoy an afternoon of storytelling with Tony Albano. Smile as you listen to some true stories told by the author of "LIFE IS A BUMPY ROAD." Tony, a waiter/host at Carmel's Il Fornaio restaurant for 20 years, lost a leg and was deeply depressed -- until he met Brie, a poodle who also was missing a leg and who “looked into my soul” -- then life got better, smoothed out by the people, and the dogs, you meet along the way. Stories of life in NY, as a '60's hippy-musician, about a “man who had kind eyes,” about remembering the shampoo smell of a girl who rode on his bike handlebars, and much more! Come smile, pause, and think!

Monterey Bay Village Looking Ahead Wellness Series – Preventing Type 2 Diabetes

Time: Wednesday, June 28, 2:30pm

– Join Angelica Adragna, Registered Dietitian from CHOMP, as she discusses prediabetes and diabetes. Learn about prevention and treatment, who is at risk for developing diabetes and what resources are available to you.

