

## Health and Fitness with Denny Gold

Thursday, March 14, 7:00 p.m.  
Admission is \$5

For most of us, sitting in the La-Z-Boy in front of the TV is easier than doing the exercise we know is important for our well-being. On Thursday, March 14, Denny Gold, Fitness Consultant for Redwood Coast Medical Services (RCMS), will discuss the benefits of exercise in our daily lives, offer tips on ways to improve our health through exercise, and provide ideas on how these practices can become habitual.



increase understanding of the aging process. There will also be time for questions from the audience.

Denny Gold is certified by the American Council on Exercise as an Advanced Health and Fitness Specialist. She has been in the fitness industry for the past 28 years, beginning her career in Modesto, CA. as the fitness program director at a private health club. In 1999 she helped form a non-profit organization, Healthy Aging Association, and developed "Young At Heart" exercise classes.

Simply by having a regimen of proper diet and exercise, almost anyone can reverse obesity and the epidemic of adult diabetes with its disastrous consequences of blindness, loss of limb and even death. Also, exercise is a potent antidote for the nation's number one killer, heart disease.

She currently teaches aerobics, step, Pilates and a strength training program choreographed to music called "Rip" at Physical Gym in Gualala. As a personal trainer, Denny helps clients identify and reach their personal fitness goals. She is also the fitness consultant for Redwood Coast Medical Services in Gualala, where she sees patients in a clinical setting to establish the best approach to better their health.

This presentation provides helpful information for those who neglect proper exercise because of their many commitments. Everyone's body chemistry changes as they mature and the need for habitual exercise increases with age. Also, Gold will help



## The Bottom Line

Gualala Arts needs to replace those torn & worn-out chairs in our auditorium. We've come up with a more comfortable alternative that you can check out in the Elaine Jacob Foyer. We need your support in funding this project.

Help us achieve our goal by funding a chair for \$35 or three for \$100 or ten for \$350. Of course, you can purchase even more if you like! We're on our way towards our goal of 225 new chairs as shown in the progress chart to the left, and look forward to getting your bottom in these new seats as soon as possible.

We'll take your credit card or Pay Pal, but cash or a check works even better! To fund your chairs, visit the Gualala Arts Center or go to [GualalaArts.org](http://GualalaArts.org)