



EMORY JOHNS CREEK HOSPITAL

EMORYHEALTHCARE

**FOR IMMEDIATE RELEASE**

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**FREE Exercise and Aging Lunch and Learn hosted by  
Emory Johns Creek Hospital for COMMUNITY SENIORS  
on May 26th for NATIONAL FITNESS MONTH**

**Event includes a free lunch, a mini Jazzercise Workout,  
Questions & Answers with Yvonne E. Satterwhite, M.D. from Resurgens Orthopaedics**

Johns Creek, GA - (May 06 2010) – For more than 25 years, May has been observed as National Physical Fitness and Sports Month. To celebrate, Emory Johns Creek Hospital is partnering with locally owned In-Home Care Company Easy Living Services to provide seniors in the community a fun, free lunch and learn. The event plans to educate in an upbeat way the message exercise is key for disease prevention regardless of age and physical abilities.

Seniors have the opportunity to learn more on the benefits of staying active at this free Exercise and Aging Lunch and Learn on May 26<sup>th</sup> from 11 a.m. to 12:30 a.m at Emory Johns Creek Hospital Physicians Plaza 6335 Hospital Parkway, Johns Creek in the Frist conference Room 109. To make reservations contact Jessica Miller at 678-763-1618. The free healthy lunch will be provided by Emory Johns Creek Hospital and Easy Living will coordinate a mini Jazzercise workout at the luncheon. Also, Yvonne Satterwhite, M.D will be available to educate and discuss the best workouts for older adults.

“Jazzercise is also committed to helping people understand the power of exercise. Cardiovascular exercise is such a great way to manage stress and experts agree it’s one of the greatest contributors to good brain health.” The challenge of learning a routine to music is stimulating to the brain as well”, says Jazzercise Instructor Jessica Carroll-Miller. A Jazzercise class offers a fun effective total body workout featuring a fusion of dance and Pilates perfect for active seniors.

**Easy Living Services, Inc.**

Georgia residents have relied on the community-based Easy Living Services, Inc. for over fifteen years to deliver dependable In-Home care to families in their time of need. With affordable rates and flexibility to customize care packages, their goal is to give families peace of mind by assisting with daily activities that due to illness or injury becomes a challenge. Some helpful services include meals, safety monitoring, bathing, grooming, companionship and many others. “Life is precious. Live it at home.”

[www.easylivingservices.com](http://www.easylivingservices.com)

**About Jazzercise**

Judi Sheppard Missett, who turned her love of jazz dance into a dance exercise phenomenon, founded the Jazzercise dance fitness program in 1969. Judi has advanced the business opportunities of women and men in the fitness industry by growing the program into an international franchise business that today, hosts a network of 7,800 instructors teaching more than 32,000 classes weekly in 32 countries. Additional Jazzercise programs include Junior Jazzercise, Jazzercise Lite and Personal Touch. For further information and worldwide class information, go to [jazzercise.com](http://jazzercise.com) or call (800) FIT-IS-IT.