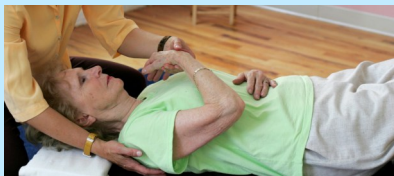


Dr. William C. Herrick Community Health Care Library Senior Discussion Group and Movie Matinee Wednesday, February 22, 2012

Senior Discussion Group

10:00 a.m. to 11:00 a.m.

CHANGE YOUR AGE THE FELDENKRAIS WAY



©2005, Rosalie O'Connor

**Speaker: Liz Sisco,
Instructor, Feldenkrais Institute
of San Diego**

Our movement habits today impact how we feel tomorrow. Whether you are moving through your 20s or your 60s, you can learn how to improve your movement patterns for more resilience, strength and flexibility in your body and your mind. The *Feldenkrais Method® of Awareness Through Movement®* is designed to help create a healthier and more vibrant life. It can help you to feel younger, more coordinated and more at ease with your body.

This will be an interactive presentation. By participating in a simple, verbally-guided Feldenkrais *Awareness Through Movement* lesson, participants will learn how to improve posture and balance, let go of limiting habits and beliefs, and regain strength, mobility and grace.

**Handouts will be provided and
light refreshments will be served.**

Movie Matinee

Movie Starts
at 12 Noon

Soul Surfer



© Columbia Pictures

Featuring:
AnnaSophia Robb
Helen Hunt
Dennis Quaid
Carrie Underwood

This is the inspiring true story of upcoming champion teen surfer Bethany Hamilton. A natural talent who took to the waves at a young age, she was leading an idyllic life on Kauai, participating in national surf competitions with her best friend Alana, when everything changed. During a fun day at the beach with family, she lost her left arm in a shark attack and courageously overcame all odds to become a champion again, through her sheer determination and unwavering faith. This film reveals Bethany's fight to recover from her ordeal and how she grappled with the question of what her future would hold.

Tristar Pictures
Directed by Sean McNamara
PG; 106 minutes; 2011

Popcorn will be served.

RSVP not required. Questions? Call (619) 825-5010.
9001 Wakarusa St., La Mesa, CA 91942 (Library Doctors Lounge)