



2009 SHEC Conference Health Enhancements **Sunday, April 19 3:00 – 5:00 pm**

Zumba, with certified instructor Shirley Jackson **3:45 – 4:45 pm**

“Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!” (source: www.zumba.com)

Walking the Labyrinth, with Dr. Darlene Daneker **3:00 – 5:00 pm**

“Research conducted at the Harvard Medical School’s Mind/Body Medical Institute by Dr. Herbert Benson has found that focused walking meditations are highly efficient at reducing anxiety and eliciting what Dr. Benson calls the ‘relaxation response’. This effect has significant long-term health benefits, including lower blood pressure and breathing rates, reduced incidents of chronic pain, reduction of insomnia, improved fertility, and many other benefits. Regular meditative practice leads to greater powers of concentration and a sense of control and efficiency in one’s life. Labyrinth walking is among the simplest forms of focused walking meditation, and the demonstrated health benefits have led hundreds of hospitals, health care facilities, and spas to install labyrinths in recent years.” (source: www.labyrinthcompany.com)

On-site at the Ramada Plaza Hotel

Ramada Plaza’s indoor pool and fitness center available to registered guests.

Off-site health enhancement opportunities

Little Creek Golf Course

99 Fairway Dr, South Charleston, WV 25309

304-744-9646

“The Challenging 6,096 yard layout winds over and around West Virginia’s beautiful mountains, demanding a variety of shots and placing a premium on accuracy. The bent grass greens and bermuda fairways are nourished by a watering system on all 18 holes. Electric carts are available for our guests.” (9 and 18 hole options available)

(source: www.littlecreekcountryclub.com/golf.html)

South Charleston Memorial Ice Arena

20 RHL Blvd (next to Target), South Charleston, WV 25309

304-744-4423

www.cityofsouthcharleston.com (click on Memorial Ice Arena under Local Attractions)

Public skate on Sunday, 3:15 – 5:15 pm

Admission \$5.00, skate rental \$2.00

South Charleston Community Center

601 Jefferson Rd, South Charleston, WV 25309

304-744-4731

Open noon – 7:45 pm on Sundays

Day passes, \$4.00 with access to cardio/weight equipment as well as indoor pool, sauna, and whirlpool facilities. Tennis courts, basketball, and more!

Little Creek Park: Located off Spring Hill Ave on the west side of South Charleston. Hiking and nature trails for the outdoor enthusiast.

Joplin Park: Located on Kanawha Turnpike, east of Montrose Drive, in South Charleston. Tennis and basketball courts, softball/baseball field, playground, and a 1/3 mile walking track.

Downtown South Charleston: Walk or bike from the hotel to the South Charleston business district. A highlight of the downtown area is the Adena Mound, the second largest Native American burial mound in the state. Look for it at the end of D Street.