

Active Aging Dine & Lecture Program

At Kapi'olani Community College

REGISTRATION

Attendance requires pre-registration through the KCC Continuing Education Registration Office.

DATE:

September 17, 2009

TIME:

11:30 AM- 1:30 PM

PLACE:

Kapi'olani Community College

Tamarind Room,
Ohelo Bldg.

COURSE NO.

093HSAA1

FEE: \$20

CALL BY SEPT. 4 TO REGISTER AND PAY BY CHECK OR CREDIT CARD:

734-9211

Guest Speaker: Olympian Tommy Kono "Use It or Lose It: Prescriptions for Mental & Physical Fitness"

Come join us at this special luncheon and lecture event with **Tommy Kono**, former Olympic Champion. He is arguably one of the greatest Olympic weightlifters the world has ever seen having won two Olympic gold medals, one silver, and setting 26 world records spread over four body weight classes. At 79, he is now working on his second book entitled *Championship Weightlifting*, which emphasizes the importance of mental fitness.

In his presentation, he will use his experiences to explain why we must move to be "alive" and why his formula for Olympic weightlifting (50% mental, 30% technique and 20% power) applies to the rest of our lives as well.

PROGRAM

- I. HEALTHY BUFFET LUNCHEON— WITH DRINK AND DESSERT
- II. PRESENTATION BY TOMMY KONO "Use It or Lose It"
- III. UPDATE FROM THE KUPUNA EDUCATION CENTER AT KCC



For more information contact:
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