



McConnell Heart  
Health Center

OhioHealth

# Mind-Body Triathlon

## Saturday, November 7, 2009 9 - 11 am

### Support the Arthritis Foundation, Central Ohio Chapter

This land-aquatic adventure will benefit the Arthritis Foundation, Central Ohio Chapter. We'll begin our journey with a mind-body outdoor walk on the McConnell Heart Health Center's Peggy's Path. Then we'll enjoy an energizing, yet challenging, Pilates mat session in the gymnasium. We will finish with a dynamic flexibility and strength building yoga session in the warm water pool. Please wear your bathing suit under dry, loose clothing.

If weather does not permit outdoor walking, we will have a walking Pilates session in the gymnasium.



**ARTHRITIS**  
FOUNDATION®

**Take Control.** We Can Help.™

*Please bring your personal check, money order of \$10 or more to the event.  
Make checks payable to the Arthritis Foundation.*

**To register or for more information  
contact Kami at (614) 566-3836 ext. 1.**