

RISE & SHINE! RENOWN'S STERLING SILVER CLUB HOSTS VIRTUAL STRETCHING LECTURE FOR COMMUNITY MEMBERS 55+

Renown Health Physical Therapist Dr. Kelly Winkel leads virtual event to connect adults through basic stretching exercises and helpful movement strategies to aid in healthy aging

RENO, Nev. (July 11, 2020) – To help our 55+ community experience the many benefits of stretching, Renown's [Sterling Silver Club](#) is hosting a free, virtual Rise & Shine Stretches lecture on Wednesday, July 15 from 10-11 a.m. During the live event, Kelly Winkel, doctor of physical therapy for Renown Physical Therapy, will teach attendees the basic principles of exercising as we age and provide a demonstration of gentle stretching and stabilizing exercises to help start the day. She will also share her expertise on some of the common ailments we develop as we age and offer tips for overcoming those ailments.

This virtual event will be hosted via Microsoft Teams. Those interested in attending are asked to [RSVP online](#) or call 775-982-7787. A dial-in option is available for individuals who don't have access to a computer.

"A good morning stretching routine puts the body in motion and has the power to set the tone of your entire day," said Dr. Winkel. "Plus, stretching becomes even more important as we age and our range of movement lessens and we wake up with more aches and pains. Improved flexibility, balance, muscle control and a reduced risk of injury are just a few of the wellness benefits of routine stretching, all contributing to a healthier lifestyle. There is no better way to start your day than with a few tried-and-true stretches."

Attendees are encouraged to wear comfortable workout attire and sturdy shoes so they can try the exercises out with the group. They are also invited to ask for clarification or a modification if needed.

Anyone over the age of 55 is invited to join Renown's free Sterling Silver Club, created to help people live healthy, happy lives every day. The Club is a program of the Renown Institute for Healthy Aging. Members enjoy exclusive benefits all designed with their interests in mind. From social events and lectures to entertainment, special discounts, and health insights and tips, this club is a place for community members to shine and embrace the joys of healthy aging.

While the Sterling Silver Club is not currently hosting in-person events during this time, it is hosting educational talks like this one to help aging adults stay healthy through its online channels.

"The last few months have been difficult for many older adults as they stay indoors with little to no in-person contact with their loved ones," said Tori DellaRocca, who oversees Renown's Sterling Silver Club loyalty program. "The need to stay connected is more important now than ever. It has been a joy giving our members something to look forward to- a chance to learn, ask questions and share their stories. Seeing everyone tune in from their homes has been a powerful reminder that we truly are all in this together."



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For more information on upcoming virtual events from Renown's Sterling Silver Club and to sign up, please visit www.renown.org/SterlingSilver.

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About Renown Health

Renown Health is the region's largest, locally owned and governed, not-for-profit integrated healthcare network serving Nevada, Lake Tahoe and northeast California. With a diverse workforce of more than 7,000 employees, Renown has fostered a longstanding culture of excellence, determination and innovation. The organization comprises a trauma center, two acute care hospitals, a children's hospital, a rehabilitation hospital, a medical group and urgent care network, and the region's largest, locally owned not-for-profit insurance company, Hometown Health. Renown's institute model addresses social determinants of health and includes: Child Health, Behavioral Health & Addiction, Healthy Aging and Health Innovation. Clinical institutes include: Cancer, Heart and Vascular Health, Neurosciences and Robotic Surgery. Renown is currently enrolling participants in the world's largest community-based genetic population health study, the Healthy Nevada Project®. For more information, visit renown.org.