

PRESS RELEASE



City of Bristol Tennessee

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Fall Evening Lectures and Seminars begin at Slater Center

Fall days get shorter and darker resulting in a lot of folks going home and just sitting down. Bristol Tennessee's Parks and Recreation has just the cure for that with their fall evening classes and seminars.

First in the series will be a program on the importance of stretching. Stretching has many benefits including increased flexibility and range of motion, preventing muscle soreness, improved sports performance, injury prevention, improving posture, and stress relief. Mary Hobbs, PT, DPT, Cert. MDT from Results Physiotherapy will be the presenter of this seminar at the Slater Center on Thursday, September 27th at 6:30 pm in room 208. This program will be followed by a lecture, presented by Elizabeth Hall, MS, RDN, LDN and Food City Registered Dietitian, on wheat, gluten, and health. Wheat has become the latest dietary villain with close to 30% of U.S. adults interested in cutting down or avoiding gluten in their diets. However, most are not doing so out of medical necessity. Is gluten or wheat really the cause of obesity and illness? Come learn the differences between Celiac Disease, gluten intolerance, and wheat allergy, and how going "gluten-free" might affect your health. The lecture is set for Monday, October 29th at 6:30 in room 208 at the Slater Center.

Two additional seminars will round out the series including A1C Test: "An Important Tool in Controlling Diabetes" and "Clean out Your Refrigerator Day," where attendees will learn how to save money and food.

Each of the lectures or seminars has a \$3 fee, and participants must be registered in advance. Registration and payment may be done in person or online at bristoltn.recdesk.com. All classes will be hosted in the Slater Center located at 325 McDowell Street. For more information on classes and registration, please contact Becky Olinger by email bolinger@bristoltn.org or call 423-764-4023.

