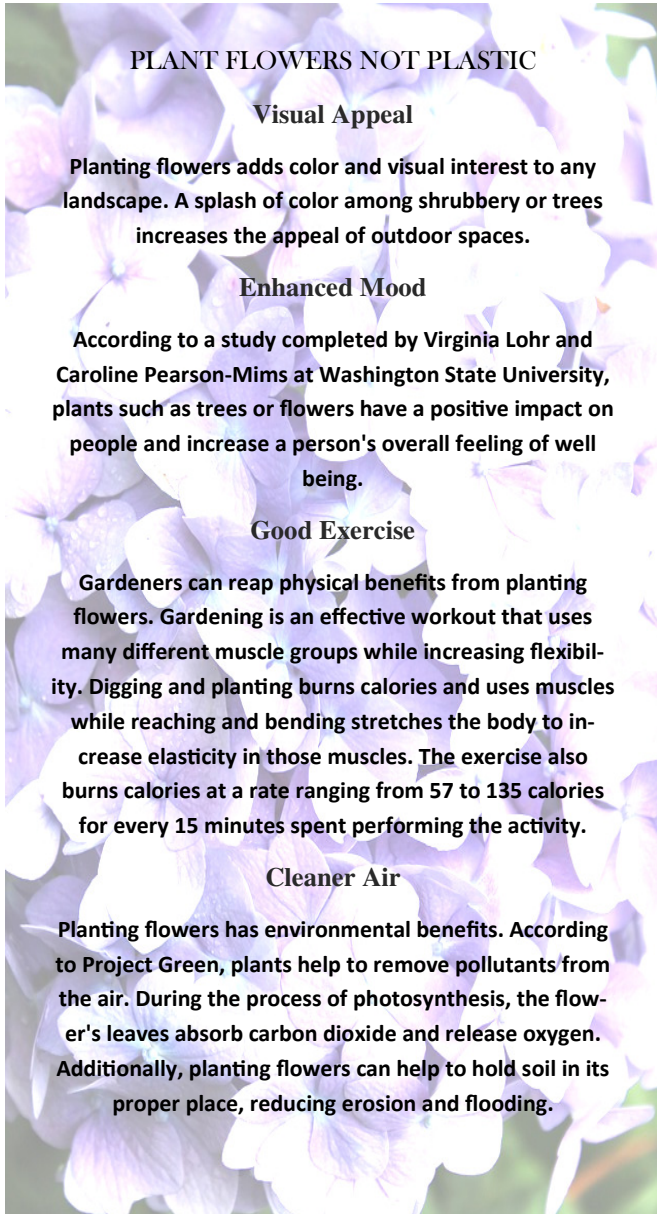


## PLANT FLOWERS NOT PLASTIC

## REGISTER NOW FOR THESE AMAZING PROGRAMS

IT'S SIMPLE ....

RECYCLE



<b>PAINTING WITH ACRYLICS</b> SATURDAY MARCH 3-31	\$60
<b>HEALTHY FAMILIES NATURAL REMEDIES</b> SATURDAY MARCH 3	\$27
<b>NATURAL SOAP MAKING</b> MARCH 10	\$62
<b>TAKE CONTROL OF YOUR MONEY</b> MARCH 13	\$27.
<b>POT O' GOLD FUNDRAISER</b> MARCH 17 CITY PARK	\$27 UNTIL MARCH 2 \$37 AFTER MARCH 2
<b>SPRING BREAK DAY CAMP</b> MARCH 26-30 SPACE IS LIMITED	\$82
<b>CRAFTING WITH KIDS</b> TUESDAYS JAN 23— FEB 13	\$25
<b>EASTER EGG HUNT</b> MARCH 31 CITY PARK	FREE

Program fees listed are for Ravenna City Tax Payers. Non– City Tax Payers may be required to pay an additional fee. See the Winter Program Guide for more details on these programs and MANY others!



Let's talk bottles.. Just bottles.

Why is bottled water a concern? Here are just a few reasons...

- Making bottles to meet America's demand for bottled water uses more than 17 million barrels of oil annually, enough to fuel 1.3 million cars for a year. And that's not even including the oil used for transportation.
- The energy we waste using bottled water would be enough to power 190,000 homes
- Last year, the average American used 167 disposable water bottles, but only recycled 38.
- Americans used about 50 billion plastic water bottles last year. However, the U.S.'s recycling rate for plastic is only 23 percent, which means 38 billion water bottles – more than \$1 billion worth of plastic – are wasted each year
- The recommended eight glasses of water a day, at U.S. tap rates equals about \$.49 per year; that same amount of bottled water is about \$1,400.
- Antimony, which is found in PET plastic bottles, in small doses can cause dizziness and depression; in larger doses it can cause nausea, vomiting and death



PLEASE UTILIZE OUR RECYCLING CONTAINER, LOCATED IN THE VESTIBULE AREA, FOR PLASTIC BOTTLES.

## FITNESS TIDBIT

Balance is a very complex task that can be affected by lots of different things. Medication, inner ear problems, visual problems, and blood pressure issues are just some examples of causes of balance problems. In physical therapy, we concentrate on the role that bones, joints, muscles, and nerves play in having good balance. I want to give you some simple tests that can be done at home to assess your balance. If you have trouble doing some of these tests, it is time to visit your physical therapist for a more comprehensive exam, and see your doctor for a full checkup.

**1-legged standing balance test.** This is pretty self-explanatory. Stand on 1 leg without holding onto anything. Normal balance is one minute, less than 30 seconds will need some work.

**Standing reach test.** Stand next to a wall, arm raised to shoulder height. Reach forward along the wall as far as you can without falling, and note the distance between the starting position, and finishing position. A standing reach of less than 6 inches indicates a higher risk of falling.

**Timed up and go test.** Place a chair against a wall and measure out 10 feet. Mark this spot. The test is how long it takes to get up out of the chair, walk 10 feet, turn around, and sit back down. If it takes longer than 14 seconds, there is a high risk for falling.

**The 5 times sit to stand test.** Sit in a chair. Whenever ready, stand up and down 5 complete times as fast as possible. You have to stand up fully, and sit down with your butt touching the chair. Persons without balance problems can do this test in less than 13 seconds.

Ok, so there are 4 simple tests to determine if you or someone you love needs further evaluation for balance problems. Understand that these tests are not for everyone, but between the 4 of them, most people can get an idea of how well they are in balance. Once the problem can be identified, the solution is just behind it!

## REMINDERS AND UPDATES

In the event that Ravenna City Schools are closed due to weather, classes at the RAC will also be cancelled. If the State Highway Patrol and/or the Ravenna City Police are asking people to stay off of the roads, the RAC might close. If in doubt, call the RAC's welcome desk at 330-298-1201



**HAVE YOU REGISTERED YET?**

**WHAT ARE YOU WAITING FOR?**

**Did you know...**

**...that all participants who pre-register receive a long sleeve t-shirt?**

**...sponsorships are tax deductible?**

**...you can register your team of 10 for just \$250 (\$25 p/p)?**

**...you do not have to be a runner?**

**...whether you walk, skip, frolic or run, you will have fun?**

**...all participants have a chance to win \$500**

HAPPENINGS

THE  
**RAC**

**MARCH 2018**

**HOURS OF OPERATION**

Sunday 8:00 a.m.-1:00 p.m.  
Monday-Thursday 5:00 a.m.-8:00 p.m.  
Friday 5:00 a.m.-7:00 p.m.  
Saturday 7:00 a.m.-2:00 p.m.

**PHONE**  
330-298-1201

**The RAC will be CLOSED  
on Sunday, April 1, 2018,  
in observation of Easter.**

**THANK YOU** for keeping our facility clean by change your shoes before using equipment or going into classes. It is very much appreciated by the staff and the other members.

