



Date: Wednesday, August 10, 2016

Time: 6:00 PM - Registration/Networking

6:30 PM - Dinner/Speaker

7:30 PM - Adjourn

Place: Surfcomber Hotel

1717 Collins Ave.

Miami Beach

Parking info to follow

RSVP by 5:00 PM on Monday, August 8

to Ursula Garcia at 305-604-5427

ugarcia@loewshotels.com or

FAX: 305-604-5423

**Cancellations after 12:00 Noon on
Tuesday and no shows will be billed.**

Cost: \$50.00 - Member

\$60.00 - Non-Member

Payable at the door.

About Our Program...

Recognizing Pokeman Problems and Other Technology Pitfalls. Attorney Robert Turk of Stearns Weaver Miller will discuss legal headaches when employees connect to the virtual world. He will also highlight the legal constraints on hotel employers limiting employee use of technology at work. Join us as Bob will be appearing in 3-D, with 4K Ultra HD quality and surround sound!

GET HEALTHY

By Paula Spencer Scott
Continued from last month.

Rear: Get off it

Even if you exercise, sitting too much undoes your good work. The most sedentary people are at highest risk for cardiovascular disease, cancer, diabetes and overall risk of dying. Trade just 2 minutes of sitting time per hour with 2 minutes of light activity (even housework) and you cut your risk of dying by one third.

Skin: Look at one another

The jury's still out on whether full-body screenings are the best way to prevent fatal skin cancers. But it's still important to pay attention to your own skin and your partner's. Family members often spot abnormalities first. Watch for spots that show any of the ABCDEs of skin cancer: asymmetry, border irregularity, carrying colors, a diameter bigger than a pencil eraser or evolving in size, shape or color.

Ankles: Practice your ABCs

Every morning when you wake up, trace the alphabet while moving only your feet and ankles. This stretches muscles and helps you retain range of motion. When you're out and about, consider treating yourself to a new pair of shoes. Not replacing shoes often enough is the No. 1 cause of crippling overuse injuries (like plantar fasciitis or tendonitis). As they wear out, shoes can provide uneven support - or worse, none at all - leaving your muscles, tissue and bones more vulnerable to injury.

Knees (and other joints): Make like a tree

Take up a low impact activity like tai chi or yoga to stay flexible and strong. Bonus: You'll lower health-zapping stress too. Last year, the largest clinical trial to look at yoga's impact on knee arthritis found that in 8 weeks, pain and function improved by 20%. Start with gentle-level classes and



find a teacher who can modify poses as needed.