

MovementisLife

Saturday, August 3 9:00am-1:00pm Buffalo Museum of Science

Join some of the finest Fitness and Sports Medicine Professionals in Western New York to learn why they believe **Movement is the Medicine for Life** and self-healing in a way that medicine and science are just now starting to understand.

But before you move more, you need to move WELL!

Talk with event exhibitors and join a series of "Learn by Doing" workshops for a day of exploring, self-discovery, and learning followed by a self-guided visit of the **BODY WORLDS Vital** exhibition and the new **In Motion** science studio.

ENTRY:

With BODY WORLDS
\$6 BMS Members
\$10 Non-Members*

Without BODY WORLDS
Free for BMS Members
\$9 Non-Members

* Special \$10 Non-Member **BODY WORLDS** rate will be honored until 10:30am on August 3 when admission will return to the regular adult rate of \$15.

BODY WORLDS passes can be redeemed for timed tickets to the exhibition starting at 11:00am the day of the event and can be used anytime before 9/29/13.



JOIN THE EVENT PAGE!

www.facebook.com/BuffaloMuseumofScience

MOVEMENT SCHEDULE:

- 9:00 Check-in and Registration
- 9:15 Welcome Remarks
- 9:30 Core Training Essentials Level 1
Joe Fox, TrainSMART Personal Fitness
- 10:00 Running is Medicine
Chris Nentarz, EnduraSports & Alice Loncto, Fleet Feet Sports
- 10:30 Joint Mobility for Optimal Health
Matthew Meyer, Revive WNY
- 11:00 Fundamentals of Crossfit & MoveNat
Robert Vest, Crossfit Williamsville
- 11:30 **BODY WORLDS Vital** exhibit and **In Motion** studio experience



BODY WORLDS is presented by
Independent Health. M&T Bank



1020 Humboldt Parkway
Buffalo, New York 14211
Off the Best St. exit from Rt. 33
716.896.5200

More info at www.sciencebuff.org

Preregister online at www.sciencebuff.org

Special \$10 Non-Member **BODY WORLDS** fee will be honored at the door until 10:30am on the day of the event*

