

# Discussing the Facts: The Importance of Movement to Keep you Healthy

*Presented by New Morning Star Baptist Church and Sibley Memorial Hospital*

**Wednesday, April 24**  
**7 to 8 p.m. | via Zoom**

This workshop will explore how exercise impacts your physical, mental, and brain health, and overall well-being. Exercise can help improve balance, strength, flexibility, and acuity - and it can also help you feel better! Regine Clermont will also offer some fun and easy exercises you can do in the comfort of your own home.

**Welcome Prayer and Program Introduction:** Reverend Dr. Donald K. Sadler, Pastor of New Morning Star Baptist Church

**Moderator:** Marti Brown Bailey, B.S., C.S.A., C.D.P., C.A.D.D.C.T., Interim Director of Community Affairs and Director of the Sibley Senior Association and Community Health, Sibley Memorial Hospital

**Guest Speaker:** Regine Clermont, M.S.W.



Regine Clermont is an experienced Registered Yoga Teacher (200 hours). She holds three Falls Prevention Trainer certifications - Stay Active and Independent for Life (SAIL), Otago, Matter of Balance, and is a certified Integrative Health Coach. She received her Master's Degree in Social Work from Howard University. Regine teaches adaptive hatha yoga (seated and floor) yoga and general fitness to seniors who are agile, older adults with chronic health conditions (i.e., stroke, dementia, Parkinson's, heart condition, MS, etc.), and those in wheel chairs.

Regine is a Life Enrichment Specialist in Seabury Resources for Aging's Care Management Program. Her background includes mental health, trauma, substance abuse, homelessness, affordable housing, and aging services.

Regine's passion is to teach older adults yoga and general fitness to guide them how to listen and trust their body and better function in their activities of daily living. She is currently working on her advanced yoga teacher training certification. Regine is a proud care partner for her mother who has Alzheimer's.

Register at <https://smh.memberclicks.net/AprilDiscussingfactsSSA> or email [pnunez3@jhmi.edu](mailto:pnunez3@jhmi.edu) or call 202-364-7602 before April 23.



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