



An Evening on Wellness: Active Aging for Independent Living

Presented by: Kelly Jo Baute, Ph.D. A Splendid Earth Wellness, LLC

Join us for **An Evening on Wellness** presented by Dr. Kelly Jo Baute, owner of A Splendid Earth Wellness, LLC. Dr. Baute will identify the various strategies that promote independent living through active aging. Dr. Baute will briefly discuss the processes of aging and address the functional limitations often associated with the aging process. Dr. Baute will introduce strategies that promote physical and mental function through the use of physical activity programs that addresses balance, gait, joint and muscle range-of-motion and memory. Dr. Baute will also discuss appropriate home and work design that can increase the amount of time you live in your home independently as well time-on-the-job.

Bring a friend!

Wear comfortable clothes to try out some movements in this relaxed, fun atmosphere!

Light refreshments will be provided

What: Tips you can use to stay active and healthy

When: Thursday, May 12, 2016

5:30 pm – 7:00 pm

Where: The Community Foundation Meeting Room

107 Community Drive

Seymour, IN

Sponsored by:



1010 W. Second Street, Seymour, IN 47274

This event is free but seating is limited.
Please RSVP to Beth Veatch at 812-523-2323 or
elizabeth.veatch@raymondjames.com by Friday, May 6th.

Dr. Kelly Jo Baute is not affiliated with Vision Financial Group.
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Kelly Jo Baute, Ph.D.

Dr. Baute is owner of A Splendid Earth Wellness, LLC, which focuses on improving musculoskeletal and functional health issues, from gait mechanics to workplace postures, by designing and teaching corrective exercise programming to individuals and for those in the workplace. Dr. Baute holds a doctorate in Kinesiology and has a unique combination of academic and research training in kinesiology (motor control and learning) and bio-anthropology (functional morphology) and has over 20 years' experience as a health and fitness professional. Dr. Baute's research includes: investigating farm-laborers' working postures in the rural Dominican Republic, identifying recreational and leisure behaviors in South Africa and designing and conducting experimental lab investigations of motor behavior using electromyography and motion capture to examine workplace postures. Dr. Baute's research interests involve investigations into musculoskeletal health and degeneration and the environmental effects upon the musculoskeletal system across the life-course. Goals of her work include: identifying postural and environmental indicators for risk of musculoskeletal injury, characterizing contemporary musculoskeletal adaptations and the associated evolutionary implications, and developing and disseminating preventative, corrective exercise interventions for functional issues.

