



- Body Shape, Posture & Balance Analysis (Fit3D)
- Cardiovascular Function (Arterial Stiffness, Blood Pressure)
- Blood Lipids and Glucose Profiles
- Physical Activity, Fitness & Function
- Sleep Quality and Quantity
- Cognition, Mental Health, and Dementia Screening
- Bone Mineral Density Test (DEXA)
- Lung function (Spirometry)
- Body Composition (DEXA)

## **LUNCH & LEARN PAAS**

**Physical Activity & Aging Study**

**Monday, January 8th**

**at 11:30am**

**\*Lunch is provided\***

