



Town of Estes Park Senior Services
Estes Park Senior Center
220 Fourth Street
Estes Park, Colorado 80517
www.estes.org/seniorcenter

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News - For immediate release

Wellness – what is it and how does it affect me?

Iolanthe Culjak to present free program April 21

Iolanthe Culjak, Physical Therapist and Certified Ergonomics Assessment Specialist, will present a free program on Tuesday, April 21 from 1:00 to 2:00 p.m. at the Estes Park Senior Center, 220 Fourth Street. The program, *Wellness: What is it and how does it affect me?* is free and open to the public. Just drop in for this informative hour-long presentation.

Iolanthe describes the program, “participants will learn the seven aspects of wellness and how they influence your lives, learn skills to improve overall wellness and feelings of well-being and in essence, learn how to become a better YOU.”

Iolanthe “IO” Culjak, PT, CEAS, is owner of Results Physical Therapy of Estes, LLC. Iolanthe has over 19 years of physical therapy experience along with extensive continuing education in sports related injuries, orthopedics, strength and conditioning, running, kinematic, manual therapy, geriatric rehab, and ergonomics. Culjak says, “Educating patients and helping them understand the recovery process and injury prevention is the key to a good physical therapy outcome.”

Iolanthe became a Certified Ergonomics Assessment Specialist in January, 2005. She also does ergonomic and wellness trainings for local businesses, groups and individuals. Prior to becoming a physical therapist, she was a professional gymnastics coach for 11 years and a high level gymnast prior to that. In her spare time, she enjoys skiing, fly-fishing, biking, hiking and running.

For more information, please contact the Estes Park Senior Center at (970) 586-2996 or visit the Center at 220 Fourth Street, Monday through Friday between 9:00 a.m. and 4:00 p.m. Please visit the Senior Services website at www.estes.org/seniorcenter. To receive Senior Services news in your e-mail inbox, please e-mail lmitchell@estes.org

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