

March 2022

Dear new Health Promotion and Wellness Special Interest Group member,

It is great that you have an interest in the health promotion and wellness of the older adults! It is my privilege to welcome you and give you a brief preview of all that the SIG has to offer. Please allow me the opportunity to introduce myself. I am Cathy Stucker, the Chair of the Health Promotion and Wellness (HPW) SIG, and I am so excited to share this journey with you. The opportunities to promote a better life for older adults are more vast and varied than ever before. This is a great time for you to join us!

The purpose of this group is to support, encourage, and promote a healthier and more active, wellness experience for our patients or clients looking for a better quality of life. The activities of this group are continuously evolving, but let me give you a brief rundown of the benefits and opportunities associated with participation in the SIG:

1. Receive e-newsletters to keep you informed of what is going on across the country with wellness programming and activities, recent research, and other timely information to keep you current.
2. Open invitations to participate in the activities of the SIG and contribute your skills and ideas.
3. Access resources to help enhance your delivery of health promotion and wellness to your older adult population.
4. Regular conference calls to keep you connected with other members of the SIG and stay abreast of the SIG activities.
5. Regular participation with the Journal Club to learn about the newest approaches with older adults from the researchers of recently published studies from the Journal of Geriatric Physical Therapy.

I speak for the executive committee and membership body when I welcome you to the Health Promotion and Wellness Special Interest Group! We look forward to sharing the many rewarding benefits that accompany membership in the SIG. We value and welcome any suggestions, concerns, questions, or contributions that would benefit the group and encourage your participation whenever possible.

All the best,



Cathy Stucker, PT, DSc, CMPT, GCS, CEEAA
Board Certified Geriatric Clinical Specialist
Chair, APTA Academy of Geriatrics Health Promotion and Wellness SIG