



VITAL LIVING PROGRAM SAMPLE ITINERARY

Evening 1

3:00 p.m. - 8:00 p.m. Arrival and check-in at Point Lookout

Day 1

8:00 a.m. Breakfast at Copper Pine (voucher provided)

9:00 a.m. Review of health history, preliminary screening questionnaires.

9:45 a.m. Assessments:

- Blood pressure screening
- Height, weight, and body composition assessment
- Heel ultrasound bone density test
- NeuroCom® Balance Manager® assessment to measure center of gravity control, reaction time, and sensory input.
- Limits of Stability and functional mobility tests.

11:00 a.m. Break with light snacks (provided)

11:30 a.m. Assessments:

- STISIM driving simulator assessment of driving safety.
- Upper and lower extremity strength and power testing.

1:00 pm Free time for lunch (not provided)

Client has rest of day to enjoy Point Lookout amenities, explore local towns, etc. Dinner on own.

Day 2

8:00 a.m. Breakfast at Copper Pine (voucher provided)

9:00 a.m. Assessments:

- Useful Field of View - assessment of divided and selective attention ability.
- Johns Hopkins vision test.
- Driving Health Inventory assessment of processing speed, working memory, and attention.

11:00 a.m. Evaluation of test results and consultation with health fitness professional.

12:30 p.m. Conclusion of stay and check-out.