

Healthy Lifestyles in Sight Fact Sheet



Come out to Innisbrook Resort and Golf Club this March for the Transitions Championship For Healthy Sight and experience "Healthy Lifestyles in Sight" – a week-long series of fun-filled program events and activities – all focused on healthy sight and healthy lifestyles.

Healthy Lifestyles in Sight activities will be offered for people of all ages near the 18th green in and around the Live Your Vision Pavilion – an exciting consumer destination for information, education and interactive experiences.

Check out the exciting schedule of events below and be sure to mark the Transitions Championship on your calendar.

Date	Event	Activities Description	Tournament Activity
Sunday, March 15	Family Walk	Walk to benefit Prevent Blindness Florida featuring vision education activities, a children's play area and family picnic	Family Walk benefiting Prevent Blindness Florida
Monday, March 16	Sports Vision Protection	Play Wii games with members of The Vision Council of America to learn about proper eyewear and eye care and speak with sports vision experts	The Shelton Quarles Celebrity Pro-Am Benefiting the IMPACT Foundation Tournament
Tuesday, March 17	Healthy Dining Choices	Learn how to energize your family with healthy cooking demonstrations from chefs Andre Halston and Todd Gray	Professional Practice Rounds
Wednesday, March 18	Youth Wellness	Introduce kids to golf with an Improve Your Vision, Improve Your Game clinic, a chance to watch pros compete, and receive free vision screenings	Transitions Championship Pro-Am
Thursday, March 19	Healthy Minds	Reconnect with mind, body and soul, with a chair massage and fitness demos from Innisbrook's new luxury spa, Indaba	1st Round - Transitions Championship
Friday, March 20	Sun Protection	Learn how to protect your skin and sight from UV rays with product demos and sampling opportunities	2nd Round - Transitions Championship
Saturday, March 21	Be Well with BeWell.com	Interact with healthcare experts who will provide health screenings and answer questions about overall health and wellness	3rd Round - Transitions Championship
Sunday, March 22	Live Your Vision	Enjoy guest speakers in the Transitions Live Your Vision Pavilion and have the chance to win a grant to "Live Your Vision"	Final Round - Transitions Championship



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Healthy Sight for Families
Play VSP and Eye Didn't Know That games



Take 5 minutes for a vision screening

Mobile-Eyes
Learn about eye health



Check out the Rolling O Lab