

Leadership Luncheon Lecture

Fitness, Wellness and the Medical Community

With the increase of the average of our population, where the “baby boomers” are reaching or are into their retirement, and their growing needs to stay active and healthy has increased, there is a demand for more highly educated and well-rounded personal trainers. There are many challenges in helping the elderly and the sick; there are also many challenges in the aiding of these trainers in the fitness industry. Proper leadership can get these trainers to a level of excellence and give them the ability to deal with these challenges. Some of these challenges can include clients with cancer, diabetes, and other major diseases, rehabilitation from past and current injuries, and issues like Fibromyalgia and arthritic forms that cause great pain, but not yet have any medical approaches or cures. We as leaders and trainers need to ask how we can help a client who is chronically in great pain.

Biyanka Ekmekcioglu

With over 25 years of experience in the health and fitness industry, Biyanka now serves as the Fitness Director of the Honolulu Club. She is also the Coordinating Director and Certified Personal Trainer for the NCEP (National College of Exercise Professionals). Her academic background includes certifications from Anatomy Trains, NASM (National College of Sports Medicine), Fitness 4X4, and NESTA, as well as a BS in Kinesiology from the University of Hawaii. Her mission as a trainer and educator is to help empower individuals with the knowledge of how to be more successful in their quest for a fit and healthier body.

For more information, contact:
ASIA PACIFIC COLLEGE
1616 Makiki Street, Honolulu, HI 96822
(808) 942-0698
apc@apchawaii.org
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Asia Pacific College

Leadership Luncheon Lecture Series

This is a new seminar series designed to fit into the busy schedules of local leaders in the public and private sectors.

The 21st century will present new challenges to leaders the world over. Our mission at APC is to give business and government leaders of the Asia-Pacific community the knowledge and inspiration they need to cope with the effects of burgeoning populations, increasing development, and increasingly volatile international interactions.

We invite you to come and gain insight into the changes sweeping this important region, and to broaden your perspective on global economics, politics, business, and environmental issues. For the latest luncheon lecture series schedule, please visit <http://www.apchawaii.org> or call (808) 942-0698.

APC is a non-profit, educational institution, established in 2005. Other programs include intensive programs in Intercultural Leadership, as well as short-term workshops and certificate programs designed for students to broaden their cross-cultural perspective on leadership styles and issues in the Asia-Pacific region.

Advisory Council Members are:

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APC Leadership Luncheon Lecture Series (#10)
I would like to attend:

- Friday, August 10, 2018. 11:30-1:30 pm
The Willows Restaurant

Please send me detailed information on the following:

- Asia Pacific College

Luncheon Cost:
 \$30.00

Payment Method:

- Check Amount enclosed: _____
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1616 Makiki Street
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APC

Leadership Luncheon Lecture Series (#10)



Biyanka Ekmekcioglu
Fitness Director
Honolulu Club

Fitness, Wellness and the Medical Community

Friday, August 10, 2018
11:30-1:30pm
The Willows Restaurant
901 Husten Street
Honolulu, HI 96826



Asia Pacific College
Honolulu, Hawaii

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