

26th ANNUAL

NATIONAL

2019
2019
SENIOR
HEALTH
&
FITNESS

DAY

®

New Location!

"Fitness is a Good Move!"

Join the DISC and organizations across the country in celebration of National Senior Health & Fitness Day, the nation's largest health promotion event for older adults. Enjoy health screenings courtesy of DMH, chair massages, and healthy snacks!

DATE Wednesday, May 29
TIME 8 - 11 a.m.
LOCATION Overlook Adventure Park

Play mini golf and climb the ropes course
for FREE during the event!

