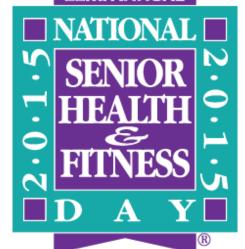


22nd ANNUAL



"Way Back to Wellness"



Wednesday, May 27 10:00am - 1:00pm Senior Services Plus

2603 North Rodgers Ave Alton, IL 62002 (618) 465-3298

10am-1pm Classic Car Display

Dress to Fit your Favorite Decade!

FREE AND OPEN TO THE PUBLIC



10am-1pm Mental and Physical "Activity Stations"

Information available on variety of health topics

10:15am Wellness Center Coordinator Introduction

10:30am Guest Speaker, John Grizzle

Local man has completed marathons in ALL 50 STATES

11:15am Spotlight on personal trainers & fitness instructors

11:45am Spotlight on Healthy Minds Healthy Bodies Program

12:00pm-1pm Fitness Class Demonstrations in the School House Grill