



National Senior Health and Fitness Day

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

Dress to Fit your Favorite Decade!
FREE AND OPEN TO THE PUBLIC



10am-1pm *Classic Car Display*

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*