

# National Senior Health and Fitness Day

Wednesday, May 29, 2019 | 8:30 - 10:00 a.m. | Curtis Park (2349 East Orchard Road)

Free Senior Day in the Park



## ACTIVITIES

Enjoy a 30 minute walk (begins at 8:30 a.m.), light breakfast, music, yoga class, "Picture My Life" Art activity (bring a 3 1/2" x 5" photo), and a Senior Equipment demonstration.  
For details, call the Recreation Division at 303-486-5773



*"Live and Thrive  
with Exercise!"*

