

# NATIONAL SENIOR HEALTH & FITNESS DAY

**MOVE TODAY FOR A BETTER  
TOMORROW**

**235 E. HOLDING AVE WAKE FOREST, NC 27587**

**MAY 28TH**

**10AM-  
3:30PM**



Moving can be defined within all Domains of Wellness. We mustn't limit the meaning of "Move" to the physical.

For a balanced approach to aging well, we need to move through the intellectual, emotional, social, spiritual, occupational, financial, and environmental domains of wellness because if we neglect one, we can affect others.

**Join us for National Senior Health and Fitness day to partake in variety of activities that encompass all of these domains.**

## **FITNESS DEMOS**



## **ART PROJECTS**



## **HEALTHY SHAKES**



## **HEALTH/WELLNESS LECTURES**



## **ENTERTAINMENT**



**Join us!**