



NEW MEXICO SENIOR OLYMPICS PRESENTS A FREE
50+ HEALTH PROMOTION EVENT

TUESDAY, MARCH 28, 2023

Richard Lucero Recreation Center



and Española Public Library
313 North Paseo de Oñate



FREE EVENT INCLUDES

Professional speakers



Wellness Health Screenings – Blue Cross and Blue Shield Care Van

Sports Demo workshops – Cornhole, Basketball 3 Point and Free Throw, Shuffleboard and more!

Exercise and movement sessions – Water Aerobics (bring your swimsuits and towels); Fitness; Walk.

Schedule is subject to change.

The first 60 Participants to sign in onsite will receive a sack lunch provided by the Beatrice Martinez-Quintana Senior Center.

Senior Programs – Bring a van load of seniors! A limited number of Travel scholarship funds are available to offset cost of fuel or van driver payable after the event. Contact NMSO for more information.

Local Contact, Maria Sandoval, 505-747-6051

RSVP is optional to NMSO, toll free 888-623-6676

“You don’t stop playing because you grow old, you grow old because you stop playing.”

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