



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

**FREE** Tuesday, March 28, 2023 **FREE**  
9 am – 2 pm

**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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