



*The Nation's Largest Older Adult Health Promotion Event!*

Always Held the Last Wednesday in May, and Celebrated by 100,000+ Older Adults at More Than 1,000 Locations Across the Country on the Same Day!

Wednesday, May 30, 2018 • Web: [fitnessday.com](http://fitnessday.com)

*Wednesday May 30<sup>th</sup> 2018*

## **(Williams YMCA of Avery County) Celebrates 25<sup>th</sup> Anniversary of National Senior Health & Fitness Day®**

Local Organization Part of National Wellness Event to Promote Healthy Lifestyles for Older Adults

*2018 Event Theme: "Active Today...Healthier Tomorrow!"*

*Williams YMCA of Avery County will join an estimated 1,000 local groups to celebrate the 25th Anniversary of National Senior Health & Fitness Day® (NSHFD) on Wednesday, May 30, 2018. As an official event site, (your YMCA will hold a (Meet with people who can help you with resources for Health Care Power of Attorney, money management, medical and dental resources, nutrition and more, also enjoy a free lunch ) on May 30<sup>th</sup>.*

On this day, (Williams YMCA) will join an estimated 100,000 older adults across the country participating in local activities to help promote active, healthy lifestyles through physical activity, good nutrition, and preventive care.

*Wednesday May 30<sup>th</sup> 2018 9am-12 noon Located at the Williams YMCA front Lobby*

For more information about the (National Senior Day event, please contact (Sheila Bauer 828-737-5500/[sheilab@ymcaavery.org](mailto:sheilab@ymcaavery.org) about **National Senior Health & Fitness Day®**

*National Senior Health & Fitness Day is always held on the last Wednesday in May, and this year's special 25<sup>th</sup> anniversary event is set for Wednesday, May 30<sup>th</sup>. The program, the largest senior wellness event of its kind, is organized by the Mature Market Resource Center<sup>s</sup>, a national clearinghouse for professionals who work with older adults. For more information about National Senior Health & Fitness Day, please visit [fitnessday.com](http://fitnessday.com), or e-mail [info@fitnessday.com](mailto:info@fitnessday.com).*