

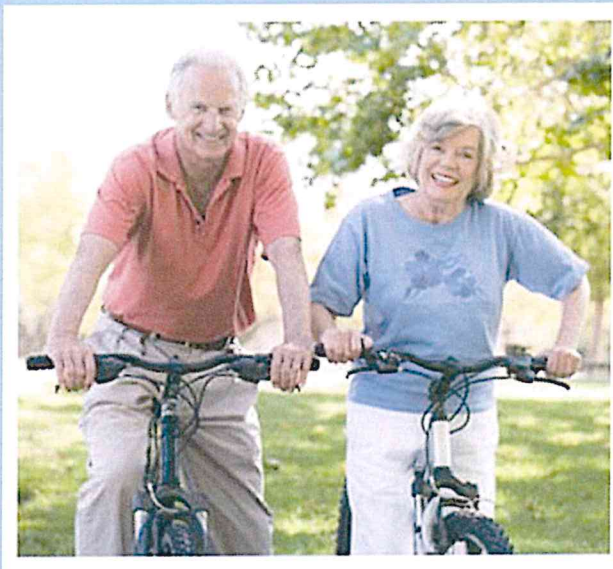
National Senior Health & Fitness Day

May 30, 2018

10:00am to 2:00pm

Washington Activity Center

57900 Van Dyke, Washington MI
(In the Washington Municipal Building)



Community Sponsored Event

**All Hands in for
Better Health**



*We will have a
variety of events
geared towards health
& wellness.*



Fitness Walk
Healthy Cooking Demo
Fitness Demos
Heart Smart Lunch
Prizes

Registration Cost
\$8 per person/\$10 NR

PARKS &
ROME-WASHINGTON-BRUCE
REC

—Presented by—
Senior Activity Center

586-752-6543 ext. 3