



11th Annual

Age with Movement Celebration

Celebrate Older Americans month by enjoying a morning of movement and feeling Young at Heart!

FRIDAY, May 5, 2017

Welcome and Warm-up at 7:45am

8:00 am – 12:00 pm

Join us at East La Loma Park
2001 Edgebrook Drive, Modesto

FREE EVENT | Registration is Free

Free Activities Include:

Two Walk Times to Choose From

Start your morning off with our walk for Fall Prevention Awareness
Choose from 1/2 mile to 3 mile course.
8:00 a.m. & 10:00 a.m.

Fall Prevention Activities
Aerobics, Zumba, and Tai Chi

Raise \$25.00 to gain access into:

These Exclusive Activities and receive an event t-shirt & surprise gift!

Pet Parade (Limit to first 25 pets registered)
Enter your dog for your chance win prizes.
Parade begins at 11:00 a.m.

BINGO (Limit 25 people per session)
Exercise your brain with a little fun in BINGO.
10:45 AM & 11:30 AM

40+ Community Booths ♥ Light Refreshments ♥ Photo Booth ♥ Opportunity Drawing



SIERRA HEALTH FOUNDATION



Sutter Health
Sutter Gould Medical Foundation
Memorial Medical Center
We Plus You



To celebrate Older Americans Month please contact
Healthy Aging Association

209-523-2800 | healthy.aging2000@gmail.com

www.healthyagingassociation.org/age-with-movement-celebration