

★ Healthy Aging Association Presents the 13th Annual ★

Age with Movement Celebration

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

★ **Friday, May 3, 2019** ★

★ **8:00 a.m. – 12:00 p.m.** ★

★ East La Loma Park | 2001 Edgebrook Drive, Modesto ★
45+ Community Booths | Tai Chi | Fall Prevention Exercises
Opportunity Drawing | BINGO | Light Refreshments | FUN!

Fitness Fun

- 8:10 AM - Warm up with Zumba
- 8:30 AM - Walk the course
- 9:45 AM - Aerobics
- 10:00 AM - Walk the course
- 10:30 AM - Tai Chi
- 11:30 AM - Cool Down

Free Event

Registration is Free

Add-On Options Available

- \$15.00 - Add on a t-shirt, event bag and entry into BINGO at 9:00 AM or 11:15 AM
- \$10.00 - Best Dressed Dog Contest at 11:00 AM



AVALON
HEALTH CARE
GROUP



Gallo
FAMILY
VETERINARY



Sutter Health



MC HENRY
BOWL



Central Valley
MEDICAL GROUP

Creating Healthy Communities



Anthem
BlueCross



Golden State
Medicare Health Plan



Bethel
RETIREMENT COMMUNITY



Golden Age
Home Care



Dale Commons
HBK SENIOR LIVING



AT&T



OPTIMAL
HOSPICE CARE
A BRISTOL HOSPICE COMPANY



CARE ONE



Humana



209
MAGAZINE



OAK VALLEY COMMUNITY BANK



MAX
MODESTO AREA EXPRESS



All proceeds will benefit **Healthy Aging Association**
For more information, please contact us at
209.525.4670 | www.healthyagingassociation.org



Healthy Aging
Association
YOUNG AT HEART
AGES 50+ AGING
Fitness & Health Programs
Older, Wiser, Stronger