

Sponsored by the Bethlehem Senior Services Dept. &



NATIONAL SENIOR HEALTH AND FITNESS DAY

Wednesday, May 29

Elm Avenue Park Large Pavilion

FREE! Call 518-439-4955x2131 To Register

Activities Schedule:

12-1pm BBQ Lunch - Turkey Burgers, Veggie
* Burgers, Hotdogs, Fruit, Snacks
(Provided by Friends of Bethlehem Parks and Recreation)

Table Demos:

Hannaford Dietician

Dr. Manzi-Bethlehem Foot Care

Bethlehem Public Library

Mohawk Hudson Land Conservancy

1-3pm Rotating Fitness Opportunities
(30 minute sessions)

T'ai Chi w/Joe Mansfield- **1:00-1:30pm**

Chair Yoga w/Dorothy Russell - **1:35-2:05pm**

African Dance w/Omonike Akinyemi-**2:10-2:40pm**

Fitness Circuit at Elm Avenue Park-

(Please note the fitness circuit is self-led)

Join our "Y" Friends at the Bethlehem Area YMCA Wed.
morning for a Sr. Wellness Fair and other activities,
9:00am-11:30am.