



Saint Clare's  
Health  
saintclares.com



**Country  
Style!**

# NATIONAL SENIOR HEALTH & FITNESS DAY

**WEDNESDAY, OCTOBER 27 FROM 10AM-2PM**  
**LAKELAND HILLS FAMILY YMCA**

Put on your cowboy/cowgirl hat for an informative, educational, **FUN** and **FREE** day of health screenings, awesome fitness classes, vendor displays, presentations, giveaways, and **LUNCH** served by the master Chef of Sunrise Senior Living. Sponsored by Saint Clare's Health and Sunrise Senior Living. We're going **country** for this event!

Free Giveaways	Enhance Fitness Class <i>Low-impact workout</i>	Aquatics Class <i>Bring your swimsuit</i>	Medicare Presentation
Country Line Dancing	Blood Pressure Screenings	Falls Risk Assessments	Memory Screenings
Hearing Screenings	Enter to Win <i>Active Adult YMCA Membership</i>	Prizes for Best Dressed <i>"Country Outfit"!</i>	Bring your Friends! Bring your Neighbors!

## REGISTER

Free and open to the community, **but you need to register so we have a count for lunch.**

## BUSINESSES / NONPROFITS

Businesses and nonprofit organizations may reserve a table at the event at no charge, but space is limited. See contact info below.

## CONTACT

Robb Elko: Robbe@lhymca.com

### LAKELAND HILLS FAMILY YMCA

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