

Active Today... Healthier Tomorrow!



Wednesday May 30th, 2018

1:00pm - 3:00pm



1155 Santa Clara Ave
Alameda, CA 94501

Free to the Community

Sponsored by:
AES Therapy & Fitness and AEC Living

On May 30th join us in celebrating National Senior Health & Fitness Day!

On this day, we will join an estimated 100,000 older adults across the country participating in local activities to help promote active, healthy lifestyles through physical activity, good nutrition, and preventive care.

Celebrate, learn, have fun, and enjoy the **FREE** fair.

- Take a mini Senior Fitness test with a certified personal trainer and learn what age your body says you are
- Free blood pressure and glucose check from an Alameda Hospital
- Health Talks
- Fall Prevention in the Home
- Food Demo by Dan Avakian (Dan's Produce)
- Prescription Drug Recycling
- And much more!



Event Location

Mastick Senior Center
1155 Santa Clara Ave, Alameda, CA 94501

More Info

510 . 748 . 0158
AESTherapyAndFitness.com

AES
Therapy
& Fitness