



# FUN HAS NO AGE LIMIT

## National Senior Health and Fitness Day

Senior Health & Fitness Day is a time to explore the many senior friendly physical options, and to understand the importance of exercise and nutrition for ongoing health and illness-prevention.

Come get to know your YMCA. It will be your second home!



### Wednesday, May 31, 2017

### Open to the community

YMCA of Greenville & Hunt County  
 4725 Wellington St. Greenville, TX 75401  
 903-513-6899

#### YMCA Mission

To put Christian principles into practice through programs that build healthy spirit, mind and body for all. John 17:21

Time	Class/Program	Instructor /Speaker
8:15am-9:05am	Fit-4-ever	Holly
9:10am-9:50am	Chronic Disease Self-Management Program	North Central Texas Area Agency on Aging
10:00am-10:50am	Yoga	Lisa
11:15am-12:15pm	 SilverSneakers	Lisa
12:15pm-12:30pm	Prizes	YMCA Staff
12:30pm-1:00pm	Snacks	YMCA Staff
1:00pm-2:00pm	Arthritis and Aging	Dr. Roxana Cruz
2:00pm-2:15pm	Prizes	YMCA Staff
2:15pm-3:15pm	Health Screenings	Greenville Community Health Center
3:30pm-4:20pm	 ZUMBA gold	Roger