

FREE Senior Fitness Test and Health Fair *Find Your Potential*

February 26th, 9am – 2pm

Why Should I Participate?

The Senior Fitness Test is evidence based and will help you determine your strengths and discover what you could improve upon.



What Do You Test?

- Upper body strength (carry your groceries)
- Lower body strength (climb the stairs)
- Flexibility (reach into that top cabinet)
- Endurance (walk further)
- Balance (avoid a fall)

How Long Will It Take?

Expect to spend 15 - 20 minutes with our Wellness Team.

What Happens Next?

Congratulations, you've taken the next step towards improving and maintaining your health. Your results will be entered into a database and compared with others of the same gender and age group. From there, the therapist will go over your action plan, which may include exercise classes and/or therapy services.

How Do I Sign Up?

You can sign up at the front desk, or you can call 843 957 5846

Walk ins are Welcome!

Location: The Bistro

For More Information, Contact:

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RehabCare Program Director
843-957-5846