



Join us for the 30th Annual National Senior Health & Fitness Day

When: Wednesday, May 24th

Time: 10:00am - 11:30am

**Put on your sneakers!
It is National Senior Health & Fitness Day!**

Each year, approximately 100,000 senior adults will participate in activities across the United States for this national observance.

Bridge Senior Living and Tx:Team are hosting this event to provide a day of health, fitness, and resources for you.

**BRIDGE
SENIOR
LIVING**

Tx:Teamsm
Working with us is good therapy.™

- **Fitness Stations**
- **Blood Pressure Check**
- **Health Resources**
- **Music**
- **Win Prizes**
- **Specialty Smoothies**

Find out why working with us is good therapy.