

# NATIONAL SENIOR HEALTH & FITNESS DAY FAIR

Wednesday, May 31, 8:30 a.m.-1:00 p.m.

Flagstaff Aquaplex, 1702 N. 4th Street

## *Fun FREE Activities*

- Information booths
- Keynote speakers
- Door prizes
- Fitness floor tours
- Classes
- Fitness walks
- Bingo
- Climbing wall
- Workshops
- Water walking

Purchase your lunch ticket before May 22 (\$8.00 per lunch)

For more information or to purchase lunch tickets, contact:

Joe C Montoya Community and Senior Center

245 N. Thorpe Rd.

Phone: (928) 213-2765



Area Agency On Aging

