

NATIONAL SENIOR HEALTH & FITNESS DAY®



WED. • MAY 29
9 A.M.-12:30 P.M.



YMCA OF GREATER MONMOUTH COUNTY & OCEAN COUNTY YMCA
are welcoming Seniors to share a day of good health!

- » Health & Wellness Screenings
- » Group Aqua & Fitness Classes
- » Games & Prizes
- » Wellness Seminars

**LUNCH & LEARN,
PLUS FREE COOLER BAG!**

THE UP SIDE OF DOWN

Tips for Successful Aging Seminar hosted by Mental Health Association of Monmouth County with free lunch & giveaways.

10:50-11:20 A.M. » Red Bank Family YMCA

12:10-12:40 P.M. » Freehold Family YMCA

WITH OUR PARTNERS:



LUNCH PROVIDED BY:



info@ymcanj.org

ymcanj.org/seniorhealthday

FREEHOLD FAMILY YMCA
470 East Freehold Road
Freehold, NJ 07728
732.462.0464

OLD BRIDGE FAMILY YMCA
1 Mannino Park Drive
Old Bridge, NJ 08857
732.727.0704

RED BANK FAMILY YMCA
166 Maple Avenue
Red Bank, NJ 07701
732.741.2504

OCEAN COUNTY YMCA
1088 W Whitty Road
Toms River, NJ 08755
732.341.9622

524-7293-THQ