

# What Happens During National Senior Health & Fitness Day<sup>®</sup>?



Join Us for Our  
31<sup>st</sup> Anniversary Event:  
Wednesday, May 29, 2024



*Every Year, On the Last Wednesday in May...*

**More Than 100,000 Older Adults Across the  
Country Participate in Health & Fitness Events  
Hosted by More Than 1,000 Local Organizations...**

*All On The Same Day!*

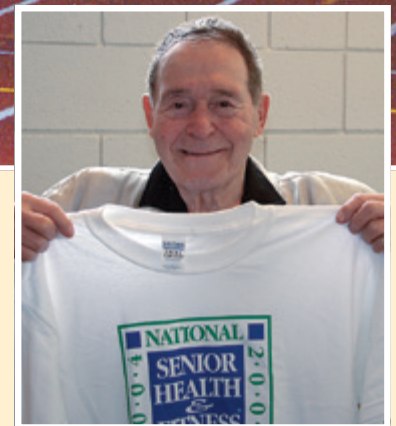


# A Thousand Events Happen During National Senior Health & Fitness Day®...



*“We had a wonderful time —  
the seniors enjoyed the day immensely!  
We can’t wait for next year!”*

Joan Lecolzky, Administrator  
Presbyterian Village North, Pontiac, MI



Jack LaLanne, often called the “Godfather of Fitness,” was the featured Senior Day speaker at the Forest Hills Fine Arts Center in Grand Rapids, Michigan.

*(After 75 extraordinary years as one of the nation’s leading fitness experts, Mr. LaLanne died in January, 2011 at age 96.)*





*“Senior Day is a perfect way to have our seniors recognized during Older Americans Month.”*

Wilma J. Witte, Director  
RSVP Program, Richmond, MO



## All Across the Country!

Former U.S. Assistant Secretary for Aging, **Josefina Carbonell**, made a special Senior Day presentation to more than 800 older adults



participating in events sponsored by the Prince George's County (Maryland) Parks and Planning Commission.



*“The sponsor materials were great and members really appreciated the giveaways!”*

Joanne Nathans  
St. Agnes Wellness Center  
Philadelphia, PA

*“You always do a great job!”*

Terri Smith  
Contra Costa County  
Martinez, CA



## Recent Event Sponsors:

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Arthritis Foundation®  
Bayer  
Centene  
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Johnson & Johnson  
Kaiser Permanente  
Liberty Medical  
National Council on Aging  
National Recreation & Park Assoc.  
Novo Nordisk®  
One-A-Day®  
Silver&Fit®  
Silver Sneakers  
Standard Life and Accident  
UnitedHealthcare  
UPMC Health Plan  
Zimmer  
And many more!

For more information on National Senior Health & Fitness Day:



**1-800-828-8225**

(weekdays 8-6 Central time)

E-mail: [info@fitnessday.com](mailto:info@fitnessday.com)

Web: [fitnessday.com](http://fitnessday.com)