



Exclusive 2019 Indiana Health Plan Sponsor:



For more information about Allwell from MHS:

allwell.mhsindiana.com
1-877-891-6093 (TTY: 711)

Event Date: May 29, 2019 • Theme: “Live and Thrive with Exercise!”

Here are a few of the many *National Senior Health & Fitness Day*[®] events being held in Indiana on Wednesday, May 29th. These Indiana events also feature participation by our official 2019 State Event Sponsor, Allwell from MHS. We thank Allwell from MHS for their support of *National Senior Health & Fitness Day* in Indiana.

On May 29th, more than 1,000 local organizations across the country will be hosting health and wellness activities for 100,000+ seniors, as part of the nation's largest older adult health and wellness event. For more details about the 26th annual *National Senior Health & Fitness Day*, visit: **www.fitnessday.com**, or e-mail: **info@fitnessday.com**.

Please call the event contacts below for details about their events:

Greenwood Village South, 295 Village Lane, Greenwood, IN
Event Contact: Navarrus Hale, Phone: (317) 865-4691

Purdue University- Hammond Campus- FRC Building 2300, 173rd Street, Hammond, IN
Event Contacts: John Bobalik & Tabitha Stills, Phone: (219) 989-2175

The Hearth at Sycamore, 611 W County Line Road South Fort Wayne, IN
Event Contact: Kim Sheaffer, Phone: (260) 625-4025