



Exclusive 2019 Oregon Health Plan Sponsor:



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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 Oregon on Wednesday, May 29th. These Oregon events also feature participation by our official 2019 State Event Sponsor, Health Net[®] Medicare Programs. We thank Health Net for their support of *National Senior Health & Fitness Day* in Oregon.

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:

Avamere Health & Fitness Club, 760 Spring Street, Medford, OR
Event Contact: Lisa Sommer, Phone: (541) 734-3113

Bonaventure Senior Living, 3425 Boone Road, Southeast Salem, OR
Event Contact: Sherry Summerville, Phone: (503) 373-3160

Canfield Place, Beaverton City Park, Beaverton, OR
Event Contact: Kristin Nackers, Phone: (503) 626-5100

Corvallis Parks and Recreation, 2601 Nw Tyler Ave., Corvallis, OR
Event Contact: Sharon Bogdanovic, Phone: (541) 754-1709

Fitness Experience, 1715 Hill St. SE, Albany, OR
Event Contact: Isaac Peterson, Phone: (541) 917-3488

Riverview Terrace Retirement, 1970 West Harvard, Roseburg, OR
Event Contact: Nickie Bartram, Phone: (541) 672-2500

Russellville Park, 20 SE 103rd Ave., Portland, OR
Event Contact: Pablo Evan Chable, Phone: (503) 724-4820

Sherwood Regional Family YMCA, 23000 SW Pacific Highway, Sherwood, OR
Event Contact: Caz Thomson, Phone: (503) 862-4021

Terwilliger Plaza, 2545 SW Terwilliger Blvd., Portland, OR
Event Contact: Tamera Clifton, Phone: (503) 808-7970

The Springs at Greer Gardens, 1282 Goodpasture Island Road, Eugene, OR
Event Contact: Jennifer Jones, Phone: (208) 310-3410

The Springs of Tanasbourne, 1950 NW 192nd Ave., Hillsboro, OR
Event Contact: Janet Bodie, Phone: (503) 713-7397

Tualatin Hills Park & Recreation District, 5550 SW Hall Blvd., Beaverton, OR
Event Contact: Jen Chapin & Jen Smirl, Phone: (503) 629-6340