



Exclusive 2019 Texas Health Plan Sponsor:



For more information about CHRISTUS® Health Plan:
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Event Date: May 29, 2019 • Theme: “Live and Thrive with Exercise!”

Here is a large *National Senior Health & Fitness Day*® event being held in Texas on Wednesday, May 29th. This event is organized by our official 2019 Texas Event Sponsor, CHRISTUS® Health Plan. We thank CHRISTUS® Health Plan for their support of *National Senior Health & Fitness Day* in the state.

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.

Harvey Hall Convention Center, 2000 W Front St., Tyler, TX

Event Contact: Justin Jobe, Phone: 214-695-8242