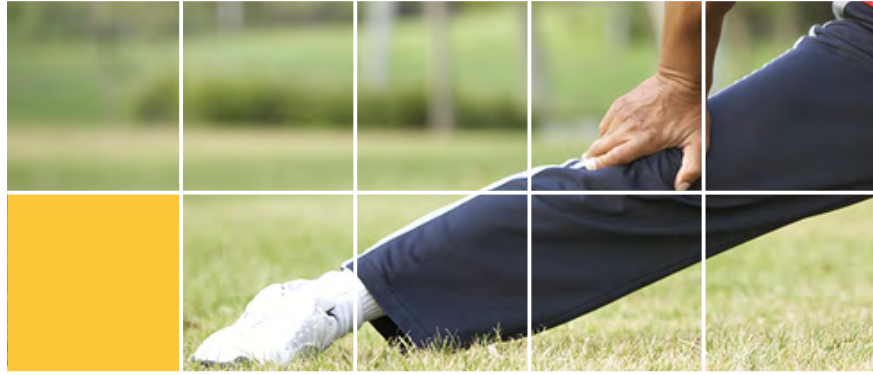
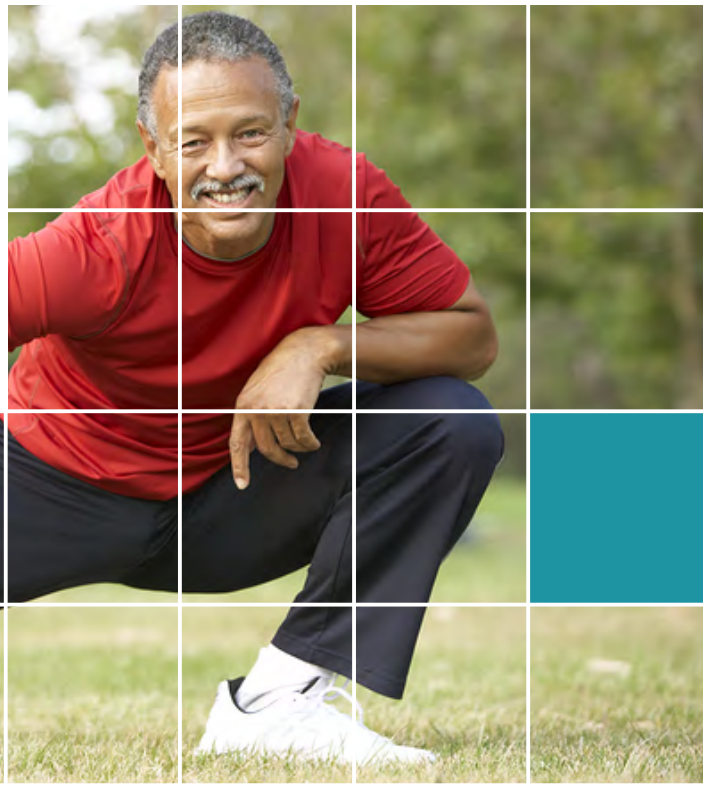




UNLEASH
THE POWER
OF AGE

OLDER AMERICANS MONTH 2013



Celebration of Healthy Aging

National Senior Health & Fitness Day

DATE: May 29, 2013

LOCATION: LJVM Coliseum Education Building
411 Deacon Blvd
Winston-Salem, NC
**across from the BB&T Football Stadium*

TIME: 10:00am - 1:00pm

ENTERTAINMENT BY: Ryan Newcomb

COST: Free

EVENT FEATURES:

- ✓ Guinness World Record competition for "most people participating in chair-based exercise"
- ✓ Entertainment
- ✓ Health Screenings
- ✓ Fun & Educational Exhibitors
- ✓ Games
- ✓ Refreshments

DETAILS:

Groups can pre-register for the event by contacting Rebecca Thompson at 703-3219 or email thompsonmw@forsyth.cc. Registration will also be available at the door for individuals and groups.

