City Of Burnsville
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FOR IMMEDIATE RELEASE
May 5, 2016

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BUILD BODY AND BRAIN AT SENIOR HEALTH & FITNESS DAY MAY 25

Older adults are invited to join others across the country participating in National Senior Health & Fitness Day. Participants can take part in interactive activities and educational sessions that will help them stay healthy and fit.

What:	Senior Health & Fitness Day
Who:	Burnsville Seniors
When:	Wednesday, May 25 | 8:30 a.m. – 1 p.m.
Where:	Nicollet Commons Park | 12550 Nicollet Ave.
Cost:	$5 (breakfast and lunch included)

Activities are planned to stimulate the body and the brain – meaning people of all fitness levels will feel welcome and engaged.

New this year, participants can select between both physical and educational activities that match their interests. Choices will include topics/activities such as pickleball, balance, de-cluttering, nutrition, yoga, sleep, resistance training and dance lessons! Massages and health screenings will also be available.

Vendors from senior service organizations will be on hand to answer questions and offer information; and great door prizes will also be awarded.

Registration is limited to the first 150 people. Register online at www.burnsville.org/recreation, click "Online Registration" on the left or by calling 952-895-4500.

(See Event Schedule Flyer Below)

2016 Event Sponsors

EMERALD CREST
Intelligent Memory Care by AugustanaCare

Augustana Regent
at Burnsville

Augustana Care
Apple Valley | Apple Valley Villa

Burnsville Senior Center
Where aging is embraced

City Of Burnsville

CITY OF BURNSVILLE

senior
HEALTH & FITNESS DAY

City Of Burnsville

May 25, 2016
8:30 a.m. – 1 p.m.

Build Your Body and Your Brain

Older adults are invited to join others across the country participating in National Senior Health and Fitness Day. The event will include interactive activities and educational sessions to help seniors stay healthy and fit. Vendors from senior service organizations will be on hand to answer questions and offer information. Great door prizes will also be awarded.

New this year, participants can select the activities that match their interest, such as footwear choices, balance, yoga, sleep, resistance training and dance. Massages and health screenings will also be available.

A full morning of food, facts and fun for a great price!

Where:	Nicollet Commons Park, 12550 Nicollet Ave.
Date:	Wednesday, May 25
Time:	8:30 a.m. – 1 p.m.
Cost:	$5 (breakfast and lunch included)
Registration Deadline:	Thursday, May 19 Limited to the first 150 people

Something for Everyone

8:30 – 9 a.m.:	Check in and breakfast		
9 – 9:15 a.m.:	Welcome, introductions and warm up		
9:15 – 9:45 a.m.:	Walk & Roll – walk around the park		
*Choose the activities and educational sessions that are right for you!**			
9:45 – 10:15 a.m.:	Sleep Well	Resistance: using resistance bands to strengthen, stretch & tone	Balance
10:15 – 10:25 a.m.:	Break		
10:25 – 10:55 a.m.:	Motivational speaker	Ask a pharmacist	Gentle Chair Yoga
10:55 – 11:05 a.m.:	Break		
11:05 – 11:35 a.m.:	Pickleball	Eye and Ear Care	Zany & Zen: meditation & relaxation for your body and mind
11:35 – 11:45 a.m.:	Break		
11:45 a.m. – 12:15 p.m.:	Eating for Your Lifestyle	Dance by Ballroom Dance Club	Be clutter free!
12:15 – 1 p.m.:	Lunch, music and prize drawings		

Schedule Subject to Change

Register online at www.burnsville.org/recreation or call 952-707-4120