

— 6TH ANNUAL —

Orange County Senior Health & Fitness Day

For more information
please call

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May 31, 2017

9:30a.m. to 1:30p.m.

Thomas Bull
Memorial Park
Day Camp Area

The **Orange County Office for the Aging** along with the **Orange County Department of Parks & Recreation** and the **Department of Health** are partnering to bring Orange County Seniors a day of health, fitness, and fun. There will be activities throughout the event to keep you busy and moving!

Fitness Walk/ Fitness Trail

Healthy Snacks

Health Information and Screenings

Free Healthy Lunch Provided

Raffles and Prizes

Healthy Cooking Demonstration

Games and Activities

Health Information Tables

Exercise Demonstrations



Steven M. Neuhaus, County Executive

AnnMarie Maglione, Director of Office for the Aging

Christopher Viebrock, Acting Commissioner of Parks and Recreation

Eli N. Avila, MD, JD, MPH, FCLM, Commissioner of Health



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