

Join us at the 3rd annual Mayor's Healthy Lifestyle Day For Seniors

- ✓ For anyone age 55 and over
- ✓ Evaluate your physical condition
- ✓ Learn simple ways to stay physically active and maintain your independence

Mayor Allen Joines of Winston-Salem will kick off the day.

Event is FREE!

Great food & door prizes, including personal training session with the Mayor and a Nintendo Wii video game.

Sponsored by:



**Forsyth County
Aging
Services
Planning
Committee**

Participants may:

- Try out the Wii Bowling game
 - Try balance exercises
 - Try Yoga
- Test your grip strength
- Learn your body mass index
- Watch a demo of water aerobics

Students from the Department of Health and Exercise Science at Wake Forest University will be testing participants and giving valuable feedback about simple ways to stay physically active and maintain your independence.

Wednesday, April 21st 9 a.m.—Noon at



Directions: Traveling north on University Parkway, turn left on Bethabara Park Blvd. Salem Towne is approximately one-half mile on the left off Bethabara Park Blvd. www.salemtowne.org for more details

Salemtowne is a non-profit Continuing Care Retirement Community reflecting the Moravian values of respect for the individual, hospitality, life-long learning, and a love of the arts.

