

This program is brought to you by  
**Parks & Recreation**  
M-N C P P C  
live more, play more  
pgparks.com

M-NCPPC, Department of Parks and Recreation, Prince George's County

# Senior Health and Fitness Day



**Wednesday,  
May 22, 2024**

**10 am - 2 pm**

**Southern Area Aquatics  
& Recreation Complex**

13601 Missouri Avenue  
Brandywine 20613

*For information, contact:*

**Senior Services**

301-446-3400, or  
[seniors@pgparks.com](mailto:seniors@pgparks.com)

**Senior Health and Fitness Day** is an annual event dedicated to promoting the well-being of older adults by encouraging them to engage in physical activity, adopt healthy lifestyles, and prioritize their overall health. This day brings together seniors from various communities to participate in a wide range of fitness activities and health screenings.

Visit the Department of Family Services table for information and a healthy snack (while supplies last).



**Register today! Visit [pgparksdirect.com](https://pgparksdirect.com) and type in keyword "SHFD" or ticket code SAARC-SPEC-GA-20240522 in the search box.**

**FREE** event for seniors ages 60 & better! All participants must have an M-NCPPC Senior ID to register.

Transportation will be provided from each of our six senior activity centers. Sign up at the front desk of your local senior activity center as seats on the bus are limited.

**Connect with us!**



- ▶ The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Register a minimum of two weeks prior to the program start date to request and receive a disability modification.
- ▶ Customers who are deaf, hard of hearing, or have a speech disability, call Maryland Relay 7-1-1.
- ▶ Language interpretation is available at all facility front desks. Please ask for assistance.