



NATIONAL SENIOR HEALTH & FITNESS DAY

WEDNESDAY, MAY 29TH | 1:00PM - 3:00PM

Join Grand Living at Bridgewater for a health fair packed with vendors and activities to kick off your health summer goals.

2:30pm - 3:00pm: Eat More to Increase Your Longevity

Guest Speaker Lynde Weatherford, *Nutrition and Wellness Consultant*

Therapy Dogs - Therapeutic Art - Body Comp Machine - Arm Curl Test
Sit to Stand Test - Grip Strength Test - Outdoor Games - Healthy Snacks

START YOUR HEALTH JOURNEY TODAY!

RSVP: 319.528.5047



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AT *Bridgewater*



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