

SAVE THE
DATE! ✦

— 7TH ANNUAL —

Orange County Senior Health & Fitness Day

For more information
please call:

Danielle Diana-Smith

845-615-3719

ddsmith@
orangecountygov.com

May 30, 2018

10:00am to 2:00pm

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
Jim Brooks, Commissioner of Parks and Recreation
Jennifer Roman, DO, Acting Commissioner of Health

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