

**Published on *SeniorNavigator* (<https://seniornavigator.org>)**

## **National Senior Health & Fitness Day**

Date and Time

Wednesday 5/29/2019 8:30am to 4:00pm

Event URL

<https://thecentercville.org/calendar/event/4671>

Event Region

Charlottesville Area

Event Type

Health Fair

Event Cost

\$0.00

Event Description

National Senior Health & Fitness Day is a nationwide health and fitness event for older adults. More than 120,000 older adults will participate at local events across the country on the same day. The event's goals are to promote the importance of regular physical activity and to showcase what local organizations are doing to improve the health and fitness of older adults in their communities. Join us as we celebrate healthy aging with speakers, fitness classes, events, and demos that are free and open to the public.