

# Healthy Senior's Day



**FREE** Open House • Health Fair  
Food • Music • Events

**Sept 9<sup>th</sup>**  
**11 AM - 2 PM**

.....  
at the **Wilkes-Barre**  
**Family YMCA**  
40 West Northampton Street

**First 80 participants**  
**through the door will**  
**receive a medical**  
**lock-box!**



The Greater Wyoming Valley Area YMCA presents the first annual Healthy Senior Day. Have fun, experience the YMCA's programs for older adults, enjoy food and a polka band!

learn about technological supports, especially tools for communicating, for individuals with hearing, visual, or movement challenges.

**All programs free and open to the public!**  
**Try out or learn more about these programs:**

- Arthritis Foundation Aquatics Program Pool Aerobics
- Fit and Strong for osteoarthritis
- Blood Pressure Self-Monitoring for hypertension



Call **570-970-5012** for details  
**wwymca.org/healthy-seniors-day**