



Media Contact

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FOR IMMEDIATE RELEASE

**ORANGE COUNTY CELEBRATES
NATIONAL SENIOR HEALTH AND FITNESS DAY**

ORANGE COUNTY, NC (May 9, 2016)—Orange County Department on Aging will join an estimated 1,000 local groups across the nation to celebrate the 23rd Annual National Senior Health and Fitness Day on May 25th, 2016.

This year's theme is *Improve Your Health for a Better Self!* On this day, an estimated 100,000 older adults are expected to help promote active, healthy lifestyles through physical fitness, good nutrition and preventive care. Everyone is encouraged to celebrate National Senior Health and Fitness Day by making a special effort to exercise, walk, and get moving on Wednesday, May 25.

During the week of **May 23– May 27, older adults may select one day** to take advantage of one of the Department on Aging - Wellness Program's fee-based exercise classes for FREE at the Passmore Center in Hillsborough, or the Seymour Center in Chapel Hill. You may also drop by the Seymour Fitness Room or Orange County SportsPlex, to check out how you can, "Improve Your Health for a Better Self!"

The Passmore Center is located at 103 Meadowlands Drive in Hillsborough adjacent to the Orange County Sportsplex. The Seymour Center is located at 2551 Homestead Road in Chapel Hill.

For more information about the Department on Aging Wellness Program, please visit www.orangecountync.gov/departments/aging, or call the Passmore Center at 919.245.2015, or the Seymour Center at 919.968.2070.

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