



**FORSYTHCOUNTY**  
Department of Communications  
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**FOR IMMEDIATE RELEASE**

**FORSYTH COUNTY SENIOR SERVICES TO HOST**  
**HEALTHY AGING AND FITNESS FAIR JULY 24**

*Event will feature free health screenings, wellness information and more*

**FORSYTHCOUNTY, Georgia** – Forsyth County Senior Services offers seniors an opportunity to receive important health information at the Healthy Aging and Fitness Fair on Tuesday, July 24. The free event is for adults ages 50+ and will be held at the Sexton Hall Enrichment Center from 10 a.m. to noon.

Attendees can enjoy free fruit and take advantage of free health screenings, wellness information and exercise demonstrations.

“We are very excited to offer this event for our community’s seniors,” Senior Services Interim Director Valerie Rhoads said. “Attendees will be able to obtain a variety of wellness information and also get important health screenings.”

Health screenings will take place in the Main Hall and Game Room of the Sexton Hall Enrichment Center. The screenings will check an individual’s balance, blood pressure, glucose and cholesterol, hearing, vitamin D and vision. Exercise demonstrations will include chair yoga, Tai Chi, ballroom dancing and total body conditioning.

Opened in September 2011, Sexton Hall Enrichment Center serves active adults ages 50+ and offers a variety of opportunities including art, music, dancing, drama, continuing education, technology, fitness and leisure activities. It is located at 2115 Chloe Road, just off of Sharon Road between Peachtree Parkway and Old Atlanta Road.

For additional information, call Senior Services at 770.781.2178.

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