



FORSYTHCOUNTY
Department of Communications
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FOR IMMEDIATE RELEASE

**FORSYTH COUNTY SENIOR SERVICES TO HOST
HEALTHY AGING AND FITNESS FAIR JULY 22**

*Third annual event will feature free health screenings,
wellness information and more*

FORSYTHCOUNTY, Georgia – Forsyth County Senior Services is once again offering seniors an opportunity to receive important health information at the third annual Health Aging and Fitness Fair on Tuesday, July 22. The free event is for adults 50+ and will be held at the Sexton Hall Enrichment Center from 10 a.m. to noon.

Those in attendance can enjoy free fruit and take advantage of free health screenings, wellness information, massage, yoga and more.

“The Healthy Aging and Fitness Fair has grown in popularity each year and we are excited to offer this event once again to our community’s seniors,” said Senior Services Director Judy Theilman. “A variety of valuable wellness information will be available for those in attendance.”

The health screenings available will include blood pressure, glucose and hearing. New offerings this year include screenings related to sleep apnea, body mass index and foot assessments.

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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