



## Forsyth County Press Release 001102

MAY 24, 2018

### FOR IMMEDIATE RELEASE

### FORSYTH COUNTY TO HOST SENIOR HEALTH AND FITNESS DAY EVENTS

*25<sup>th</sup> annual National Senior Health and Fitness Day will take place on Wednesday, May 30*

**Forsyth County, Georgia** – Forsyth County Senior Services will host special activities for residents in two of their active adult centers, Sexton Hall Enrichment Center and Hearthstone Lodge Fitness Facility, on National Senior Health and Fitness Day.

Wednesday, May 30 will mark the 25th anniversary of the nation's largest health and wellness event geared to older adults. An estimated 100,000 plus older adults will participate in activities at more than 1,000 locations throughout the U.S. The theme of the day is "Active Today, Healthier Tomorrow" and the goal is to bring focus to the benefits of staying active and healthy.

To celebrate, Forsyth County Senior Services will host free health and fitness activities for residents 50 and better at two of their centers.

"We are excited to show residents the benefits of fitness through various activities in a fun and safe environment," said Senior Services Director Ruthie Brew. "Whether they are already involved with fitness or they're beginners, we will have something for everyone."

Activities at Sexton Hall, located at 2115 Chloe Road (off of Sharon Road), will take place between 10 and 11:30 a.m. and will be geared to those moderately active. Activities will feature mini-exercise classes, game stations and information on how to dress for fitness success.

Activities at Hearthstone Lodge, located at 7305 Lanier Drive (off of Shady Grove Road), will take place between 1:30 and 3:30 p.m. and will be geared to more active adults. Activities will feature fitness activities on land, in the pool and on the nature trail. There will be games in the great room, staffing at the outdoor fitness machines and open swim events in the pool.

No registration is required for either location and healthy snacks will be served during the free events.

For more information, contact Forsyth County Senior Services at (770) 781-2178 Ext. 5056.

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