



Anderson Area YMCA  
201 E. Reed Road  
Anderson, SC  
(864) 716-6260  
[www.andersonareaymca.org](http://www.andersonareaymca.org)

# SENIOR HEALTH & FITNESS DAY WEDNESDAY, MAY 31 9-12PM

Join us at the Anderson Area YMCA and celebrate senior health and fitness at the 24th Annual Anderson Area YMCA's Senior Health and Fitness Expo!

**12pm: Lunch and Learn presented by**  
**Please sign up at the Front Desk**



- **Healthy Living**
- **Blood Pressure Readings**
- **Cholesterol Screenings**
- **Nutritional Information**
- **Healthy Cooking by Cindy Crocker, RDN, LD**
- **Vaccinations by Wal-Mart**
- **Prizes and Giveaways**

For more information contact:  
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