

HOME FAQ THEME CONTEST PRESS RELEASES ABOUT US

THEME:
"Active Today...
Healthier
Tomorrow!"

National Senior Health & Fitness Day®

25th Anniversary Event • Wednesday, May 30, 2018

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2018 NATIONAL SPONSORS:
(AS OF FEBRUARY 2018)

2018 STATE SPONSORS:
(AS OF FEBRUARY 2018)

Celebrate OLLI's Older Adult Health & Wellness Event

Wednesday, May 30th, 9 AM – 4 PM

Join us at OLLI – 4700 Broadway, Suite B101

FREE and open to the public!

Walk a Mile, Register for Prizes, every hour on the hour!

9 – 10 AM – Free Fitness Session

10 – 11 AM – Intro to Meditation Techniques

11 AM – 2 PM Healthier You – Blood Pressure Check, Physical Therapy,
Preventing Type 2 Diabetes, Compression Only CPR training,
and Family Caregiving

12:30 – 1:30 PM Total Body Fitness Demonstration

1 – 3 PM Healthy Foods/Healthy Life—Free Smoothie Samples

3 – 4 PM Chair Yoga Demonstration

For Information, Contact:



Osher Lifelong Learning Institute—OLLI at UTMB Health

***Learner-Led, College Level Program of Adult Education College-level seminars and courses
open to those 55 and over regardless of previous education***

4700 Broadway, Suite B101

Galveston Island Community Center

Galveston, Texas

Phone: 409 763 5604