



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Celebrate National Senior Health & Fitness Day at the Meriden YMCA's Second Annual Senior Mini Olympics



Wednesday May 30th 10:00 a.m. to 12:00 p.m. followed by an awards ceremony and lunch.

On May 30th, the Meriden YMCA will join with an estimated 100,000 seniors across the country to have fun and help promote active, healthy lifestyles through physical fitness, good nutrition and preventive care.

Our Senior Mini Olympics includes a series of fun events, an awards ceremony, and lunch. Every registered participant gets a "goody bag".

Nonmembers are welcome. Bring a friend, neighbor, or family member. We'll all have fun together!

Please RSVP to Carrie by May 23rd by calling 203-235-6386 x18 or stop by her office. There is a \$3 registration fee per person.

Get ready to go for the gold medal!

Cosponsored by Liberty Bank and the Meriden YMCA.

MERIDEN YMCA

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