

**SAVE THE
DATE!**



NATIONAL SENIOR HEALTH & FITNESS DAY

Wednesday, May 31 @ 9:00 am

WHERE:

Ludington Senior Center
308 S Rowe Street
Ludington, MI 49431

COME LEARN ABOUT OUR ENGAGING WELLNESS PROGRAM!

- Learn about our Engaging Wellness programs.
- Sample our exercise classes.
- Nutritional snacks, and refreshments will be offered.
Sponsored by Ludington Woods.
- Giveaways

For more information, call Engaging Wellness
at **(616) 588-2580** or email: **HealthyAging@aaawm.org**