

Announcement: Senior Health and Wellness Seminar

Dear Community Members,

We are excited to announce our upcoming Senior Health and Wellness Seminar designed specifically for our senior community members! Join us for a day filled with informative sessions, engaging activities, and valuable resources to promote healthy living.

Date: Saturday, April 15, 2023

Time: 10:00 AM - 3:00 PM

Location: Community Center Auditorium, 123 Wellness Way, Springfield

This seminar will cover a range of topics including:

- Nutrition and Healthy Eating
- Physical Activity for Seniors
- Managing Chronic Conditions
- Mental Health and Well-being

Refreshments will be provided. Please RSVP by April 5, 2023, to ensure your spot!

We look forward to seeing you there!

Best regards,

The Wellness Committee