

★ In honor of our past and present participants and instructors ★
who encourage us to keep moving and feeling Young at Heart

Age with Movement Celebration

★ Friday, May 21, 2021 ★

★ 9:30 a.m. – 11:30 a.m. ★

★ Virtually on Zoom ★

★ Free Event | Fitness Fun | Event Bag ★

★ add on an exclusive red event t-shirt and bag for \$15.00 ★

★ Tai Chi ♥ Pilates ♥ Young at Heart ♥ Opportunity Drawing ★

★ Register Today by visiting www.healthyagingassociation.org ★



This event will be in honor of Bob and all of our Young at Heart instructors who have encouraged us to keep moving, to keep living, to keep laughing, and most of all to keep our heart feeling young, because age is just a number!

Event bag pick up options

Tuesday, May 18 - Pick-up at our office between 1:00 - 4:00 p.m.

Wednesday, May 19 - Drive thru distribution behind our office between 2:00 - 3:00 p.m.



Modesto 500 Lions Club



All proceeds will benefit
Healthy Aging Association

For more information, please contact us at
209.525.4670 | www.healthyagingassociation.org

