



**Group Exercise
Demonstrations**
Health Screenings
Mini-Health Fair



**Free admission for the first
500 adults 50 years or older,
including one caregiver per
adult.**



**Call 311 to Pre-Register
for quick check-in.**
Register by May 15, 2022.

City of Albuquerque Department of Senior Affairs

NATIONAL SENIOR HEALTH & FITNESS DAY 2022

PRESENTED WITH EXCLUSIVE SPONSOR
BLUE CROSS AND BLUE SHIELD OF NEW MEXICO

Join us for an interactive day
focused on health and wellness for older adults

WEDNESDAY MAY 25, 2022
9 AM - 12 PM
ABQ BIO PARK BOTANICAL GARDENS



**BlueCross BlueShield
of New Mexico**

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