



NEW MEXICO SENIOR OLYMPICS PRESENTS A FREE
50+ HEALTH PROMOTION EVENT

FREE Tuesday, March 28, 2023 **FREE**
9 am – 2 pm

**Richard Lucero Recreation Center
and Española Public Library
313 North Paseo de Oñate**



FREE EVENT INCLUDES

Professional speakers

Wellness Health Screenings and COVID booster by

Blue Cross and Blue Shield Care Van and Premier Medical

Sports Demo workshops – Cornhole, Pickleball, Shuffleboard!

Exercise and movement sessions – Aerobics Fitness exercise;
outdoor Walk.

Registered participants are eligible for Door prizes, must be present to win.

Schedule is subject to change.

**The first 60 Participants to sign in onsite will receive a sack lunch provided by the
Beatrice Martinez-Quintana Senior Center.**

Senior Programs – Bring a van load of seniors! A limited number of Travel scholarship funds are available to offset cost of fuel or van driver payable after the event. Contact NMSO for more information.

Local Contact, Ashley Snider, 505-747-6050

RSVP is suggested to NMSO, toll free 888-623-6676

“You don’t stop playing because you grow old, you grow old because you stop playing.”

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