






LIVING A HEALTHIER LIFE IN A BLUE ZONE COMMUNITY

Seniors 60+ join us for a series of evidence-based workshops offered over the course of 6-8 weeks, between August 12th-September 30th. Workshops are FREE and will be held at various locations. Our workshops will introduce you to what the Las Cruces community has to offer to promote longevity and healthy aging. **SPACE IS LIMITED!**

Workshop tracks include:

-  Nutrition
-  Exercise
-  Education

**Registration Closes
August 18th!**



Ask about the PASSPORT to help you achieve your wellness goals. Attending multiple workshops makes you eligible to win Passport Stamps toward a Grand Prize at the end of the program. For a list of complete workshops, visit the New Mexico Senior Olympics website: www.nmseniorolympics.org or scan code.



To View Calendar

HOW TO REGISTER

Sign up sessions will be offered to register you for your choice of workshops. Register at the East Mesa Recreation Center, 5589 Porter Dr, Las Cruces, NM on:

- Wednesday, August 7th 1:00pm-3:00pm
- Thursday, August 8th 9:00am-11:00am
- Friday, August 9th 9:00am-11:00am and 1:00pm-3:00pm

Registration is also available online at: www.nmseniorolympics.org

Local Contact: Dawn Armstrong, Certified Group Fitness Instructor with New Mexico Senior Olympics, Tai Chi, and EnhanceFitness

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