



# New Mexico Senior Olympics, Inc.

## 2022 – 2023 Health Promotion Series



# **FREE to SENIORS 50+**

RSVP RECOMMENDED – CALL 1-888-623-NMSO (6676)



### **EVENTS WILL FEATURE**

**PROFESSIONAL SPEAKERS**

**SPORT DEMO WORKSHOPS**

**EXERCISE AND MOVEMENT SESSIONS**

**9:00 am to 2:00 pm**

 **SAVE THE DATE**

 **BRING A FRIEND**

 **SENIOR PROGRAMS - PLAN A DAY TO BRING A VAN LOAD OF SENIORS**  
**TRAVEL STIPEND AVAILABLE – CALL NMSO FOR INFORMATION**



### **SEPTEMBER 20, 2022**

Roswell Recreation & Aquatic Center FALLS PREVENTION AWARENESS  
And Roswell Adult Center, 500 North Missouri Ave. BILLIARDS WORKSHOP

### **OCTOBER 2022**

McKinley County, City of Gallup – Health Education FUN Day

### **NOVEMBER 2022**

Valencia County, Village of Los Lunas – Senior Olympics Health & Wellness Day

### **FEBRUARY 2023**

Santa Fe Swim Clinic

### **MARCH 2023**

Rio Arriba, Espanola – Senior Olympics Health & Wellness Day

Sandia Prep High School Albuquerque – Track and Field Clinic

### **APRIL 2023**

Volleyball Clinic – Albuquerque

Basketball 3 on 3 Clinic – Albuquerque, featuring Lady Lobos



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