

STRIDES ES FOR SENIORS

September is National Senior Center Month

Paul Bridgewater
Campaign Chair



Walk & Senior Expo

Friday, September 21,
2018

Palmer Park, Detroit
On Merrill Plaisance
near McNichols Rd.

Come and Enjoy
9 AM - 1 PM



9:00 AM On-Site Registration and Expo Opens

9:30 AM Class and exercise demos

10:30 AM Program & Warmup

11:00 AM 1 to 3 mile walk or Hustle Dancing

12:00 PM Lunch

1:00 PM Walk & Expo Ends

Help Fund Senior Needs
Support Senior Centers



Pre-register by Sept. 17 or at Event

Pre-Registration is \$25 and \$35 on the day of event.
All registrants receive a T-shirt and lunch ticket. Purchase additional lunch tickets for \$5.

Expo

FREE

- ✓ Give-A-Ways
- ✓ Prize Drawings
- ✓ Program Showcase
- ✓ Health Screenings
- ✓ Medicaid & Medicare Resources
- ✓ Senior Support Services
- ✓ And More. . .

