City of Burnsville

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FOR IMMEDIATE RELEASE
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BURNSVILLE CELEBRATES NATIONAL SENIOR HEALTH & FITNESS DAY®

Local Activities Part of National Movement to Promote a Healthy Lifestyle

Burnsville seniors are invited to join over 100,000 older adults across the country participating in this year's National Senior Health & Fitness Day. The common goal for this day is to help keep older Americans healthy and fit. All fitness levels are invited to participate.

Where: Nicollet Commons Park (Heart of the City) corner of 126th Street & Nicollet Avenue

When: Wednesday, May 25, 2011

What: A fun-filled event of health and fitness activities.

- 9:30 a.m. – 10 a.m. – Check In
- 10 a.m. – 10:30 a.m. – Welcome & Warm up
- 10:30 a.m.- 11 a.m. – Walk & Roll through the Park
- 11 a.m. – Noon – Fitness Demos
- Noon – 1 p.m. – Lunch & Entertainment by Bob the Beachcomber

Pre-registration is required by calling 952-707-4120. The first 100 who pre-register will receive a free t-shirt and lunch.

This event is sponsored by the Burnsville Senior Center, City of Burnsville and Augustana Care; Apple Valley Villa, Augustana Regent at Burnsville and Emerald Crest. Contributing sponsors include Cub Foods, Glenwood Inglewood Natural Spring Water, Jo Jo's Rise and Wine, Leslie Schultz Insurance, Sun Country Airlines and Valley Natural Foods.

National Senior Health & Fitness Day is held on the last Wednesday in May in support of Older Americans Month and National Physical Fitness and Sports Month. NSHFD is coordinated by the Mature Market Resource Center.

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