



City of
Burnsville

100 Civic Center Parkway, Burnsville, MN 55337

Phone: 952-895-4400

Fax: 952-895-4404

www.burnsville.org

FOR IMMEDIATE RELEASE

May 16, 2013

Contact: Amber Jacobson
Community Services
952-895-4575

BURNSVILLE CELEBRATES NATIONAL SENIOR HEALTH & FITNESS DAY®

Activities Planned for May 29 Part of National Movement to Promote Healthy Lifestyles

Burnsville residents are invited to join more than 100,000 older adults across the country participating in this year's National Senior Health & Fitness Day on May 29. The common goal for the 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)
12550 Nicollet Ave.
When: Wednesday, May 29
Time: 9 a.m. – 1 p.m.
What: A fun-filled day of health & fitness activities.
Activities will include a Walk and Roll through the park, Fitness Demonstrations (Zumba Gold, Line Dancing and Yoga), Education and Entertainment.

Preregistration is required by calling 952-707-4120. Cost is \$5 per person, which includes lunch and a T-shirt (space is limited to the first 150 participants).

This event is sponsored by the Burnsville Senior Center, City of Burnsville, Augustana Care, Apple Valley Villa, Augustana Regent at Burnsville and Emerald Crest. Contributing sponsors include Jo Jo's Rise and Wine, Walgreens, Home Instead, Sam's Club, CVS and Schuler Shoes.

National Senior Health & Fitness Day is held on the last Wednesday in May in support of Older Americans Month.

For more information contact Amber Jacobson at 952-895-4575.

###