

# Autumn Games for Seasoned Adults

## Saturday, September 15, 2018

Mt. Pleasant Community Center, 125 Lozza Dr., Valhalla



### Join in on the Fun & Fitness!

Adults 55+ are invited to a day of free activities and athletic challenges for all levels of fitness.

### Enjoy new ways to add physical activity to your life. It's the best way to promote healthy aging!

Regular physical activity is essential as we age. It can alleviate health issues such as high blood pressure and diabetes and can strengthen muscles – the best way to prevent falls. Don't let physical limitations stop you – some physical activity is better than none!

Autumn Games activities range from pickleball and bocce ball to line dancing and chair yoga. There's something for everyone. Choose whatever activities are suited to your fitness level. If you like friendly competition, there are tournaments and a modified triathlon. If you're interested in exercise, *Stay Strong and Fit* may be just what you're need to get up and going.

For more information, visit:

[phelpshospital.org/autumngames](http://phelpshospital.org/autumngames) or contact Ellen at [ewoods3@northwell.edu](mailto:ewoods3@northwell.edu) or 914-366-3937.

***Celebrate autumn . . . a beautiful time of year and a fabulous time of your life!***

**Sponsors:** Phelps Hospital and Town of Mt. Pleasant