

# Public Service Announcement

September 30, 2014

City of Edmonton

## Fit Forever takes the 'old' out of your golden years

Seniors and fitness leaders are invited to attend the first ever *Fit Forever Festival*. The festival's goal is to teach seniors and others about the benefits of a physically active lifestyle. Hear about community programs that will help to enrich the lives of those who are aging, and connect with groups that can help all seniors achieve a healthier lifestyle.



**Date:** Tuesday, October 7, 2014

**Time:** 9 a.m. – 4 p.m.

**Location:** Northgate Lions Centre (7524-139 Avenue)

**Registration:** Call 780-944-5487 by October 2

**Investment:** \$15, lunch is included

(Fitness leaders can obtain three Alberta Fitness Leadership Certificate Association credits at an additional cost of \$30.)

The festival is sponsored by the City of Edmonton, Age Friendly Edmonton, the Edmonton Seniors Coordinating Council and the North Edmonton Seniors Association.

Strong body. Strong mind. Strong spirit. Strong community.

### For more information:

Call 780-944-5487

### Media contact:

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