



Senior Health & Fitness Day

Healthy Aging: Mind, Body & Spirit

Date: Wednesday, May 28, 2025

Time: 9:00 am - 1:00 pm

Locations: Hunterdon Health and Wellness Centers
(Clinton & Whitehouse Station)

Join us for a day of Wellness and Community

Experience a fun and informative event dedicated to senior health, fitness, and well-being.

Exclusive Perks:

- **Bring a friend! Guest Visit Fees Waived**
- **Special Senior Joining Incentive**

Join us for the following sessions:

CLINTON	WHITEHOUSE
10:00 am - 10:15 am - Importance of Sleep & Fitness Through the Decades w/ Sharon	9:00 am - 9:20 am - Fitness Bingo w/ Gina & Robin
10:15 am - 10:45 am - Guided Meditation w/ Kathy	10:00 am -12:00 am - Chair Massage w/ Chris
11:00 am - Fitness Fun Challenge w/ Karen	12:15 pm - 1:15 pm - Medicare 101 Lunch & Learn
9:00 am - 1:00 pm - Adult Education Class Offerings (Presented by: Hunterdon County Vocational School)	9:00 am - 1:00 pm - Complimentary Paraffin Wax Hand Soothing Treatment (Provided by: Hunterdon County Vocational School - Cosmetology Class)



Hunterdon Health

Hunterdon Health and Wellness Centers

Clinton

1738 Route 31 North
908-735-6884

Whitehouse Station

537 Route 22 East
908-534-7600

SESSION REGISTRATION

**Please call (908) 735-3903
or email gedwards@hhsnj.org
to reserve your spot!**