



Assemblywoman  
**Michele Titus**

Hosts

# Senior Fitness

**Learn exercise routines that you can use every morning to energize your day!**



**Saturday  
September 19, 2015**

**11:00 a.m. to 1:00 p.m.**

**Springfield Park (147th Avenue & 184 Street)**

**Please contact Assemblywoman Titus's District Office at 718-327-1845 about this free event or any state or local issue.**

**Giveaways and Nutrition Information for our Seniors are Provided by Park Health Medical Center.**