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M-NCPPC, Department of Parks and Recreation,  
Prince George's County

# Senior Health and Fitness Day



**Wednesday,  
May 21, 2025**

**10 am - 1 pm**

**Southern Area Aquatics  
& Recreation Complex**  
13601 Missouri Avenue  
Brandywine 20613

For information, contact:  
**Senior Services**  
301-446-3400, or  
seniors@pgparks.com

**Join us for Senior Health and Fitness Day**, an annual event dedicated to promoting the well-being of older adults by encouraging them to engage in physical activity, adopt healthy lifestyles, and prioritize their overall health.

This day brings together seniors from various communities to participate in a wide range of fitness activities and health screenings. This year, the event will feature an exciting health & fitness challenge!

Participants who successfully complete the challenge will have their names entered into a drawing for special prizes. Don't miss this opportunity to engage, have fun, and win!

Visit the department of Family Services table for information and a healthy snack (while supplies last).



**Register today!** Visit [pgparksdirect.com](https://pgparksdirect.com) and type in keyword "SHFD" or ticket code **SAARC-SPEC-GA-20250521** in the search box.

**FREE** event for seniors ages 60 & better!  
All participants must have an M-NCPPC Senior ID to register.

**Connect with us!**



- The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Register a minimum of two weeks prior to the program start date to request and receive a disability modification.
- Customers who are deaf, hard of hearing, or have a speech disability, call Maryland Relay 7-1-1.
- Language interpretation is available at all facility front desks. Please ask for assistance.