



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

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Local YMCAs Host National Older Adults Day Open House

South Hampton Roads, May 25 – From Baby Boomers to retirees, the YMCA is celebrating older adults with an open house on National Older Adults Day, Wednesday, May 25 from 10am–1pm. All YMCA of South Hampton Roads family centers will offer free blood pressure screenings, nutrition seminars, exercise classes, healthy snacks and more during the event. Open house visitors can also participate in any YMCA activity they wish and those ages 65 and older **pay no joining fee** should they decide to join the YMCA that day.

Today's seniors are more active than ever. The YMCA offers older adults several opportunities to remain healthy, strong and active members of our community:

- Reduce the risk of heart disease by walking or swimming
- Increase bone density with strength training under the supervision of qualified staff
- Work out with minimal joint stress through water exercise or Yoga
- Socialize in groups, clubs, day trips and volunteer work

Contact your local YMCA for a complete schedule of activities; call 757 962 5555 or visit www.ymcashr.org to find the location nearest you.

ABOUT THE YMCA OF SOUTH HAMPTON ROADS

The YMCA of South Hampton Roads is a nonprofit, community-based health and human services organization that serves over 205,000 children and families each year. More than 23% of those families receive financial assistance through the Open Doors program, helping them achieve their full potential in spirit, mind and body. The YMCA's doors are open to people of all ages, backgrounds, abilities and incomes.

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