



New York State Assembly • Albany, NY 12248

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Health & Fitness Are Important To Us All!

Join Assemblyman Mike Norris to
learn more ways to live a healthier,
more active lifestyle on May 31.

ASSEMBLYMAN
Mike
NORRIS ★

On Wednesday, May 31, 2017, an estimated 100,000 adults across America will participate in the
24th annual National Senior Health and Fitness Day!

Assemblyman Mike Norris invites you to be one of them.

Senior Health & Fitness Fair

Wednesday, May 31, 2017

9 a.m. to 1:30 p.m.

Akron Newstead Senior Center
5691 Cummings Road, Akron

This event is sponsored by Akron/Newstead and Clarence Senior Centers

- **Free** Health Screenings
- **Free** Seminars
- **Free** Exhibits on Senior Health, Fitness, Safety & Government Benefits
- **Free** Lunch and Prize Giveaways



Mike & his grandmother



For help with any state issue, please contact:
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