



New York State Assembly • Albany, NY 12248

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# Health & Fitness Are Important To Us All!

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Join Assemblyman Mike Norris to  
learn more ways to live a healthier,  
more active lifestyle on May 19.

**ASSEMBLYMAN**  
**Mike**  
**NORRIS** ★

Every year in May, an estimated 100,000 adults across America will participate in the **annual National Senior Health and Fitness Day!**

*Assemblyman Mike Norris invites you to be one of them.*

**Senior Health & Fitness Fair**

Saturday, May 19, 2018

9 a.m. to 12 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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