



Exclusive 2019 Arizona Health Plan Sponsor:



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For more information about Allwell from Arizona Complete Health:

**[allwell.azcompletehealth.com](http://allwell.azcompletehealth.com)**

**1-800-333-3930 (TTY: 711) • 1-866-876-8693 (TTY:711)**

**Event Date: May 29, 2019 • Theme: “Live and Thrive with Exercise!”**

Here are a few of the many *National Senior Health & Fitness Day*® events being held in Arizona on Wednesday, May 29th. These Arizona events also feature participation by our official 2019 State Event Sponsor, Allwell from Arizona Complete Health. We thank Allwell from Arizona Complete Health for their support of *National Senior Health & Fitness Day* in Arizona.

On May 29th, more than 1,000 local organizations across the country will be hosting health and wellness activities for 100,000+ seniors, as part of the nation's largest older adult health and wellness event. For more details about the 26th annual *National Senior Health & Fitness Day*, visit: **[www.fitnessday.com](http://www.fitnessday.com)**, or e-mail: **[info@fitnessday.com](mailto:info@fitnessday.com)**.

**Please call the event contacts below for details about their events:**

Aegis Homecare and Hospice, 3333 E Morrison Ranch Pkwy, Gilbert AZ  
Event Contact: Katerina Stanny, Phone: 480-219-4790 (Office)

City of Buckeye, Buckeye Community Center, 201 E Centre Ave., Buckeye, AZ  
Event Contact: Sharon Meinders, Phone: 623-349-6607

Copper Sky Recreation Center, 443454 M.L.K. Blvd., Maricopa, AZ  
Event Contact: Matthew Reiter, Phone: 520-316-4600

Desert Sports and Fitness, 2480 N Pantano Rd, Tucson, AZ  
Event Contact: Darla Gentry, Phone: 520-722-6300

McDowell Village, 8300 East McDowell Road Scottsdale, AZ  
Event Contact: Araceli Guerrero, Phone: 480-874-5618

Mid-valley Athletic Club, 5517, 140 S Tucson Blvd., Tucson, AZ  
Event Contact: Carolyn LeCocq, Phone: 520-792-3654