



Exclusive 2019 California Health Plan Sponsor:



For more information about Health Net's Medicare Programs:
1-877-271-3356 (TTY:711) • ca.healthnetadvantage.com

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 California on Wednesday, May 29th. These California events also feature participation by our official 2019 State Event Sponsor, Health Net® Medicare Programs. We thank Health Net for their support of *National Senior Health & Fitness Day* in California.

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, or e-mail: info@fitnessday.com.

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

City of Davis Senior Center, 646 A Street, Davis, CA
Event Contact: Dana Welch, Phone: 530-757-5696

City of Visalia Senior Center, 310 N Locust, Visalia, CA
Event Contact: Holly Ellis, Phone: 559-713-4461

City of Vista McClellan Center, 1400 Vale Terrace Drive, Vista, CA
Event Contact: Donna Meester, Phone: 760-643-5280

Curves, 3537 Main Street, Riverside, CA
Event Contact: Kris Whitehead, Phone: 951-276-7100

Estancia Del Sol, 2489 California Ave., Corona, CA
Event Contact: Adriana Carrillo, Phone: 951-340-3200

Janet Goeske Foundation, 5257 Sierra St., Riverside, CA
Event Contact: Andre Resendez, Phone: 951-351-8800 x 209

Joslyn Senior Center, 73750 Catalina Way, Palm Desert, CA
Event Contacts: Ellen Bluestein, Phone: 760-340-3220

RHF, Angelus Plaza, 255 South Hill Street, Los Angeles, CA
Event Contact: Kristal Olvera, Phone: 213-623-4352, Ext. 112

Yolo County YMCA, 1300 College Street, Woodland, CA
Event Contact: Kelly Hutchison, Phone: 530-662-1086