



Exclusive 2019 Kansas Health Plan Sponsor:



For more information about Allwell from Sunflower Health Plan:

<https://allwell.sunflowerhealthplan.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 Kansas on Wednesday, May 29th. These Kansas events also feature participation by our official 2019 State Event Sponsor, Allwell from Sunflower Health Plan. We thank Allwell from Sunflower Health Plan for their support of *National Senior Health & Fitness Day* in Kansas.

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:

Kansas City Kansas Community College, 7250 State Ave., Kansas City, KS
Event Contact: Rob Crane, Phone: 913-288-7283

Step Into Wellness Senior Health Event (NOTE: This event will be held on Wednesday, June 5th)
Meadowbrook Park, 9101 Nall Ave., Prairie Village, KS
Event Contact: Michelle Gines, Phone: 913-401-4048