Here is a large National Senior Health & Fitness Day® event being held in New Mexico on Wednesday, May 29th. This event is organized by our official 2019 New Mexico Event Sponsor, CHRISTUS® Health Plan. We thank CHRISTUS® Health Plan for their support of National Senior Health & Fitness Day in the state.

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.

Genoveva Chavez Community Center, 3221 Rodeo Rd., Santa Fe, NM
Event Contact: Jane Bourbon, Phone: 505-303-3517