



Exclusive 2019 Pennsylvania Health Plan Sponsor:

UPMC *for Life*

UPMC Health Plan Medicare Program

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

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 UPMC Health Plan Office of Public Relations & Community Relations for details on the UPMC-sponsored National Senior Health & Fitness Day events below: 412-454-4953.

City Island Carousel Pavilion, 600 Riverside Dr., Harrisburg, PA

Erie Zoo, 423 W. 38th St., Erie, PA

Logan Valley Mall, 5580 Goods Lane, Altoona, PA

Lycoming Mall, 300 Lycoming Mall Circle, Pennssdale, PA

Pittsburgh Zoo & PPG Aquarium, One Wild Place, Pittsburgh, PA