

FIRCREST
PARKS & RECREATION

National Senior Health & Fitness Day

Wednesday, May 28th
12:30-3:30PM

At the Roy H. Murphy
Community Center



- Resources
- Demonstrations
- Health
- Wellness
- Fitness
- Connect with local seniors



Hello!

We are excited to invite you to be a part of **National Senior Health & Fitness Day** at the **Roy H. Murphy Community Center** in Fircrest on **Wednesday, May 28th, from 12:30 PM to 3:30 PM**. This event is dedicated to promoting healthy living, fitness, and wellness among seniors, and we would love your business to participate in this community-driven celebration.

We are seeking local organizations to:

- Host a **booth** to showcase your services and engage with attendees.
- Offer **resources, demonstrations, or speaking sessions** on health, wellness, and fitness.
- Contribute a **gift or prize** for our raffle, which will be given to lucky event attendees as part of our community engagement.

This is a great opportunity to connect with local seniors and raise awareness of your business while supporting an important cause. Your participation will not only highlight your commitment to the health and well-being of our senior community but also provide valuable exposure.

If you are interested in participating or have any questions, please contact Cindell Stacy at cstacy@cityoffircrest.net or (253) 238-4123 before April 21st, 2025. We look forward to your involvement in making this event a success!

Thank you for your time and consideration.

Warm regards,
Amber Kropelnicki
Sr Programs
Roy H. Murphy Community Center
253-564-8177