



Hackensack
Meridian *Health*



Join Hackensack Meridian Health and enjoy a day filled with fitness classes, vendors, and health screenings!

National Senior Fitness Day

**Wednesday, May 29th from 10:00AM to 1:00PM
At the Metuchen YMCA**

Screenings will include:

- **Blood Pressure**
- **Cholesterol**
- **Glucose**
- **Stroke Risk Assessment**
- **BMI**
- **Pulse**

Fitness Classes and Vendors this open to the community

FORMOREINFORMATION CONTACT
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