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Bayview Retirement Community Celebrates National Senior Health & Fitness Day®

Local Organization Part of National Event to Promote Healthy Lifestyles for Older Adults

Seattle, WA — Bayview Retirement Community will join an estimated 1,000 local groups to celebrate the 22nd Annual National Senior Health & Fitness Day on May 27th, 2015 from 10 am to 2 pm. As an official host site, Bayview will celebrate in its newly renovated Wellness Center on the 27th.

On this day, Bayview will join with an estimated 100,000 seniors across the country expected to help promote active, healthy lifestyles through physical fitness, good nutrition and preventive care. According to Bayview Director of Wellness, Jeff Goldsmith, “Movement is a big part of the equation in living a healthy, happy lifestyle. Arrive with your eager mind and leave with tangible solutions that can help you recover from exercise and improve your overall quality of life on a mental, physical, and spiritual level.”

Bayview is committed to being a resource for healthy aging and a leader in educating our society regarding issues facing aging and senior living. This event will include over 20 vendors including Seattle Medical Marijuana Association, American Lung Association, Aroma Therapy, Drumming Circles, and more.

About National Senior Health & Fitness Day®

National Senior Health & Fitness Day is always held on the last Wednesday in May in support of Older Americans Month and National Physical Fitness and Sports Month. For more information about National Senior Health & Fitness Day, visit www.fitnessday.com. For more information on Bayview, visit www.bayviewseattle.org.

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