

SENIOR HEALTH & FITNESS DAY

Wellness for Every Dimension



**WEDNESDAY,
APRIL 8, 2026
9 AM-1 PM**

**Prince George's Sports
& Learning Complex**

8001 Sheriff Road, Landover 20785

Explore the seven dimensions of wellness—physical, emotional, social, intellectual, spiritual, environmental, and occupational—while having FUN.

FEATURING

- Zumba Gold
- Line Dancing
- Chair Yoga
- Strength & Stretch
- Cardio Drumming
- Cycling Class
- Track Walk / Step Challenge
- Health Screenings and Vendor Fair
- Massage and Relaxation Area
- Tai Chi for Balance
- Healthy Cooking Demonstration

FREE for Prince George's County Residents 60 & Better!

TO REGISTER

go to pgparksdirect.com
and enter ticket code:
SPLX-SPEC-GA-20260408.

For more information contact
Seniors@pgparks.com or call
301-446-3400.



**Healthy snack
provided by the
Department of
Family Services
while supplies last!**

Connect with us!

@pgparks



- The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Register a minimum of two weeks prior to the program start date to request and receive a disability modification.
- Customers who are deaf, hard of hearing, or have a speech disability, call Maryland Relay 7-1-1.
- Language interpretation is available at all facility front desks. Please ask for assistance.