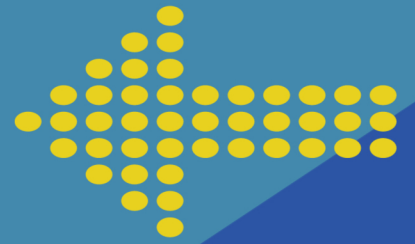


Milford Recreation Department

NATIONAL SENIOR HEALTH & FITNESS DAY



**Wednesday
May 29th**



COME AND JOIN US FOR A FUN-FILLED EVENT WHERE
YOU CAN DISCOVER TIPS ON LEADING A HEALTHY
LIFESTYLE!

ENJOY ENGAGING DEMOS OF VARIOUS CLASSES,
EXCITING GAMES, THE CHANCE TO WIN FANTASTIC
PRIZES IN OUR RAFFLE, AND SAVOR SOME
DELICIOUS FOOD.

WE CAN'T WAIT TO SEE YOU THERE!

Please register at : www.milfordrec.com

