



FOR IMMEDIATE RELEASE

May 8, 2024

CONTACT: Melissa Nichols, 908-684-5008

**Heath Village Celebrates National Senior Health & Fitness Day
Hosts Healthy Motion Fitness Class**

Washington Township, Morris County – On Tuesday, May 28th at 1:30 p.m. members of the public are invited to join Heath Village residents for a 60-minute *Healthy Motion* fitness class, one of our many group fitness classes offered at Heath Village.

This movement-oriented class concentrates on stretching, mobility, and balance. Open to all abilities, it will include light exercises and stretches that are completed with body weight only, no equipment. A portion of the class is conducted seated in a chair and a portion standing using your chair to assist with balance. Modifications will be offered for each exercise.

Prior to the exercise class, guests will be offered an overview of Heath Village. Attendees will learn about our various levels of living and unique “pay-as-you-go” flexible financial plan and maintenance-free resort style living.

Light refreshments will be served and tours will be available upon request following the fitness class.

While the program is free, RSVP is required. To register, please call 908-684-5009.

Heath Village is a full-service retirement community located at 430 Schooley’s Mountain Road in Washington Township, Morris County. For further information, please call 908-852-4801 or visit us on our website at www.heathvillage.com or on Facebook at www.facebook.com/heathvillage.

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