

# South Georgia Medical Center Celebrates National Senior Health & Fitness Day®

## Local Activities Part of National Movement to Promote a Healthy Lifestyle

Valdosta, GA – South Georgia Medical Center and the Lowndes Senior Citizens' Community Center joined an estimated 1,000 local events to celebrate the 16th Annual National Senior Health & Fitness Day (NSHFD) on May 27, 2009. As an official host site, SGMC held "Seniors Walk" on Wednesday, May 27 at 8am at the Lowndes County Senior Citizens Community Center (1630 Park Ave).

Anyone age 55 or older was invited to join the fun-filled morning. The event started with blood pressure checks, free breakfast, SGMC affiliated Pharmacists and Nurses held a "Brown Bag Medicine Check-up", where participants brought medications they are taking to have them reviewed to identify medication-related problems..

All seniors received a free T-shirt for participating in the walk and drawings for door prizes were held. Jessica Walker, physical therapy assistant from SGMC's Rehab Services spoke on new treatment options for stroke patients and others suffering from upper and lower extremity paralysis caused by central nervous system injuries or disease. Also, Shannon Walker owner of Curves presented information on their new program Silver Sneakers. Shannon led the seniors in stretching exercises before they began their walk. This year's theme was "Fitness is a Good Move"!

On this day, senior citizens from the Valdosta area and surrounding counties joined 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 Valerie Swinson, SGMC's Community Health Promotions Coordinator, "Seniors' Walk is a wonderful opportunity for seniors to make, renew, and revitalize their commitment to live healthier lives through better health and fitness." For more information about Seniors' Walk, please contact the SGMC's Community Health Promotions Department at (229) 333-1610, ext. 5

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. NSHFD is coordinated by the Mature Market Resource Center.