

# Active Aging Week



## October 2 - October 6, 2023

**PROMOTING SENIOR HEALTH AND FITNESS**

**Monday, October 2 | 11:00 AM - 1:00 PM**

**Peak West Bank Lobby:** Visit with Fit Pros for free InBody assessments (no pacemakers, please), fitness testing and blood pressure readings.

**Tuesday, October 3 | 9:00 AM - 11:30 AM**

**Peak West Bank Lobby:** Another chance to visit with Fit Pros for free InBody assessments, fitness testing and blood pressure readings.

**Wednesday, October 4 | 8:00 AM - 6:00 PM**

**Peak West Bank Lobby:** Enjoy free coffee and cookies, our treat!

**Thursday, October 5 | 8:00 AM - 12:00 PM**

**Peak West Bank Lobby:** Social health is important too, so bring cards or board games to play and share with friends.

**Friday, October 6 | 8:00 AM - 1:00 PM**

**Peak West Bank Lobby:** In case you missed us Wednesday, stop by for free coffee and cookies!

