

City of Dallas News Release

Public Information Office

www.dallascityhall.com

FOR IMMEDIATE RELEASE

Monday, February 9, 2009

City of Dallas Senior Services and Dallas Park and Recreation to present free “Age Well, Live Well” program

DALLAS – A free fitness program for persons 60 and older will be held at Dallas Park and Recreation facilities. The program, “Age Well, Live Well” is designed to improve physical health and promote healthy aging through exercise and proper nutrition. The 12-week program will begin the week of Feb. 9 and conclude the week of April 27.

Park and Recreation staff will present several weekly sessions to give participants a variety of options for completing the program. “A Matter of Balance: Managing Concerns about Falls,” an award winning program designed to reduce the fear of falling and increase the activity levels among older adults will be included in the fitness program.

Classes will be held at these Dallas Park and Recreation facilities: Harry Stone; Ridgewood; Juanita J. Craft; Kleberg-Riley; Janie C. Turner; Umphress; Tommie Allen; Singing Hills; Kiest; Martin Weiss; Thurgood Marshall; Arlington Park; Jaycee Zaragoza; Grauwlyer; Lake Highlands; Marcus Annex, Churchill, Anita Martinez and Exline Recreation Centers. Contact the recreation center near you to register, and for class dates and times.

Persons enrolling in the program will receive a carry-all bag and a pedometer. After completing, the initial 12-week fitness program, participants will receive a t-shirt, certificate of completion, a one-year membership to Dallas Park and Recreation centers and a month of free use of their fitness equipment.

On May 7, program participants will participate in the kickoff of the Dallas Senior Games at Dallas Fair Park to celebrate the completion of the program.

“Age Well, Live Well” coordinators include the City of Dallas Senior Services, City of Dallas Park and Recreation Department, Texas Department of Aging and Disability Services, Dallas Area Agency on Aging, and National Alliance on Mental Illness Dallas. Sponsors are the City of Dallas and Humana MarketPoint.

For more information, call Vicki Smith, “Age Well, Live Well” Coordinator, City of Dallas Senior Services at (214) 670-4894.

###