

# Carver County Health and Wellness Series Presents....

**OPEN TO THE  
PUBLIC**



## “Fitness & Fun for 55+”

**May 24th | 12-1:00p | Oak Grove Senior Residence**  
114 N. Reform St., NYA, MN 55368

Join Fitness RX USA, Registered Yoga Instructor, and Live2BHealthy as they explain different health and fitness activities offered in the NYA area to seniors! We will focus on the well-being of seniors and those who care for them.

A light lunch will be provided, curtesy of Carver County Public Health.

*Please kindly R.S.V.P. by 5/21 to 952-373-2200*



**Oak Grove**  
SENIOR RESIDENCE



**CARVER  
COUNTY**



**Public Health**

**Healthy Carver for a Lifetime**