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Petersen Family Wellness Center Celebrates National Senior Health & Fitness Day®

Petersen Family Wellness Center (PFWC) will join an estimated 1,000 local groups to celebrate the National Senior Health & Fitness Day® (NSHFD) on Thursday, May 29, 2025, to help promote active, healthy lifestyles through physical activity, good nutrition, and preventive care.

As an official event site, the Petersen Family Wellness Center (PFWC) will hold a health fair, presentations on mental health, and other wellness activities on Thursday, May 29, from 9:30 a.m. – 11:30 a.m. This event is for all senior members and non-members 50 years and older. Admission is free for all participants.

According to Todd Alberti, Director of the PFWC, “Our Senior Health and Fitness Day is a wonderful opportunity to make, renew, and revitalize their commitment to live healthier lives through better health and fitness.”

The Senior Health and Fitness Day will include:

- Health Fair booths promoting wellness for seniors
- Speakers will discuss mental health and simple strategies to reduce intense feelings of negativity. Several tools that can be easily accessed will be reviewed to help enhance mood.
- Healthy Snacks
- Prizes and Giveaways

Join us on Thursday, May 29, from 9:30 a.m. – 11:30 a.m. at the Petersen Family Wellness Center for a morning of health, education, and well-being.