



# Body & Mind Adult Fitness/Wellness Camp

**May 19 or June 3 2017 \*\*\* 9:00 a.m. - 4:00 p.m.**



Join other age 55+ peers for a day of fitness, wellness and fun! Based at the New Balance Student Recreation Center on the UMaine Campus, the Body and Mind Adult Fitness/Wellness Camp is a collaborative effort between several area providers of programming and services for older adults. The Body & Mind Adult Fitness/Wellness Camp will include wellness, fitness and falls risk assessments, ideas for safe, anywhere workouts, meal planning tips and more. The day will include morning and afternoon sessions that mirror each other so you won't have to miss out on any activity. Lunch and snacks included.

Cost: \$32 per day

Contact Kristie Deschesne at  
[kristie.deschesne@maine.edu](mailto:kristie.deschesne@maine.edu)

Register in person at the New Balance Student Recreation Center or call 581-1082.

