

MEDIA ADVISORY

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National Senior Health and Fitness Day Event...

SENIORS PARTICIPATE IN COMBINED YOGA AND MUSIC CLASS FOR NATIONAL SENIOR HEALTH AND FITNESS DAY AT SPRING HILLS SOMERSET ASSISTED LIVING

When:

Wednesday, May 25, 2016
2 p.m.

Where:

Spring Hills Somerset Assisted Living
473 Demott Lane
Somerset, NJ 08873

What:

Yoga gets musical for National Senior Health and Fitness Day this Wednesday, May 25 at Spring Hills Somerset Assisted Living. Karen Yula, a certified yoga instructor and former vocal music teacher, brings an activity that heals the body, mind and spirit. Designed for all ages, health or fitness levels, Singing Chair Yoga will get residents fit while they sit and sing!

About National Senior Health and Fitness Day:

The 23rd annual National Senior Health & Fitness Day's goal is to help keep older Americans healthy and fit. This year's theme, *Improve Your Health for a Better Self!*, will be incorporated at more than 1,000 locations throughout the U.S. when 100,000 older adults participate in health and fitness activities. Always set for the last Wednesday in May, National Senior Health & Fitness Day is the nation's largest annual health promotion event for older adults.

About Spring Hills Somerset Assisted Living:

The Spring Hills Somerset Assisted Living Community provides premier assisted living and memory care with the finest amenities in the New Brunswick/Somerset County area and is located at 473 Demott Lane in Somerset, NJ 08873. For additional information visit www.springhillssomerset.com or call 732-301-4438.

About Spring Hills Senior Communities & Memory Care Communities:

All Spring Hills Senior Communities', Home Care Services, Assisted Living Communities and Poet's Walk Memory Care Communities offer a distinctive and innovative approach to home care services, assisted living, and Alzheimer's care as led by Alex Markowits, President/CEO. Signature Touches is the company's holistic approach to offering individualized care and services that are designed to meet the needs and preferences of residents and clients. Personal choice is top priority in one of the company's eight Spring Hills assisted living communities or in client's homes with Spring Hills home care services



located in NJ, VA, OH and FL, or in one of the company's Poet's Walk memory care communities located in TX and soon-to-be NV. For more information about their Caring with a Commitment to Quality dedication to senior living, visit www.spring-hills.com or www.poetswalk-springhills.com.

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