



Franklin County  
Board of Commissioners

**OFFICE ON AGING**

614/525-5230  
www.OfficeonAging.org  
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## Flourish Franklin County

Flourish Franklin County will be held Wednesday, September 25, 2019 in conjunction with the National Women's Health & Fitness Day at the Franklin Park Adventure Center, 1775 East Broad Street, 10:00 a.m. to 2:00 p.m.

Sponsored by the Franklin County Board of Commissioners and Franklin County Office on Aging, Flourish Franklin County is a free event created to educate, empower and engage women age 60 and over by providing them an opportunity to flourish. This event will provide fitness activities and health information from a gender perspective in a favorable environment and with the intent of improving the well-being of older women.

“Our goal is to inspire “seasoned” women to make smart health choices and focus on the importance of regular physical activity and health awareness,” states Michelle Missler, Director of the Franklin County Office on Aging. To start this healthy journey free health screenings, information exhibits and interactive opportunities, such as, yoga, tai chi, line dancing, balance exercises and walking events will be available. A style show featuring age-less fashions is also slated.

Free lunch will be provided for the first 300 women age 60 and over. For more information, call the Franklin County Office on Aging at (614) 525-5230.

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