

*United Methodist Village of Godfrey
presents*

SmartMoves Healthy Learning Lectures

Senior Fitness Test

presented by: Jocelyn Rothschild-Frey

The Senior Fitness Test is a series of 6 standardized tests that measure the physical capacity of older adults required to perform everyday tasks.

Come learn information about the Senior Fitness Test, why it's important and why you should participate in it! You will receive background information on the Senior Fitness Test and see demonstrations on how the test is performed.

Date: Tuesday , 9/25/18

Time: 11:00 - 11:30 am

Location: Chapel

**For more information contact
Jocelyn Rothschild, Wellness Coordinator at
618.697.7102**