

Public Service Announcement  
FOR IMMEDIATE RELEASE  
NEWPORT SENIOR ACTIVITY CENTER  
20 SE 2<sup>nd</sup> St, Newport  
541 265-9617  
[www.newportoregon.gov/sc](http://www.newportoregon.gov/sc)

Newport Senior Activities Center Offers Free Fitness Day  
February 16<sup>th</sup> & March 15<sup>th</sup>

Newport Senior Activities Center is offering two additional free Fitness Days, following our successful first Fitness Day in January. Pre-registration is for 20 appointments only with Jennifer Puentes, who will be administering personal evaluations for free, volunteering her time and professional expertise to help those of you who would like to benefit from this wellness opportunity provided by your Newport Senior Activity Center.

Previous attendees from January are encouraged to come in and measure your progress with our volunteers assisting Jennifer in the administration of the free national assessment & evaluation.

These evaluations coincide with recommendations of our current available classes to help support your wellness and fitness plans. Jennifer has spent considerable time attending all our fitness classes.

Please call the Newport Senior Activity Center at 541-265-9617 or come by 20 S.E. 2<sup>nd</sup> Street for registration, and for further information on all our activities check out our website, [www.newportoregon.gov/sc](http://www.newportoregon.gov/sc).

