



# Get Going Gilroy!

Improve your health  
through physical fitness and nutrition  
education

“Get Going Gilroy” is a one day training in physical activity to improve your health through safe, simple, fun exercises. Emphasis is placed on strength, agility, balance, flexibility, and health education for successful living and aging. Learn from the experts in the field of Healthy Aging.

**Thursday, May 20, 2010**

**10:00am – 2:00pm**

(Registration begins at 9:30)

**Wheeler Community Center  
250 W. Sixth Street, Gilroy, CA**

**Cost: \$5.00**

**Includes lunch, workbook, and raffle prizes**

**To register contact Generations at 408.736.8326  
[danielle@gteams.org](mailto:danielle@gteams.org)**

## Meet the Trainers

**Dan McClure, MA, ACSM Fitness Specialist, CEO, Generations Community Wellness**

**Silvia Merschon, Healthy Aging Program Manager, Generations Community Wellness**

**Trinh Nguyen, MA, Healthy Aging Program Coordinator, Generations Community Wellness**



Generations  
Community Wellness



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