

The Quest

Presented by: Bowling Green Parks and Recreation &
The Wood County Committee on Aging

This event will promote a healthy lifestyle through exposure to information on fitness, health screenings, and health education.



Thursday, March 11

10:00 a.m. - 1:00 p.m.

Bowling Green Community Center
1245 Newton Rd.
Bowling Green, Ohio

Tickets: \$3.00
Advance Ticket Sales Only

Beginning

Monday, January 25

- ♦ Health Screenings
- ♦ Cognitive Stimulation Exercises
 - ♦ puzzles, trivia & more
- ♦ Catered Lunch by Heritage Corners Health Care Campus
- ♦ Fitness Challenges
 - ♦ chair volleyball, corn hole & more
- Health-related vendor booths

**FREE
Giveaways!**

Go For
the
GOLD!

For further information and registration instructions,
Please contact the Wood County Committee on Aging at
419-353-5661 or 1-800-367-4935

www.wccoa.net or programs@wccoa.net