

# Healthy Aging

The Bowie Senior Center Wellness Program offers health and fitness services focusing on education and training to help motivate and inspire participants.

Programs are designed to provide a holistic approach to health and fitness in a supportive, noncompetitive atmosphere.



*Mind, Body & Spirit*

The Center offers seminars and lectures on health and fitness. The topics help to guide the participants in making healthy lifestyle choices.

Control the aging process through a proactive approach; understand health and fitness concerns, seek information to stay healthy, and maintain communication with health care professionals.

Why Not Join The Bowie Senior Center Today?

Bowie Senior Center  
14900 Health Center Drive  
Bowie, Maryland 20716  
301-809-2300

# Bowie Senior Center

## Health & Wellness

## Programs

*City of Bowie  
Senior Services*



# Health & Wellness

The Center is ready to meet the needs of the active person 55+.

## Mind/Body Classes:

- Tai Chi
- Yoga
- Ki Gong
- Chinese Flexibility

## Strength and Endurance:

- Bio Aerobics
- Weight Training
- Dance Classes
- Arthritis Classes
- Sit Down and Tone Up Classes
- Fully Equipped Fitness Room



*For alternative versions of this brochure, please contact the Bowie Senior Center at 301-809-2300.*

*[www.bowieseniorcenter.org](http://www.bowieseniorcenter.org)*



## Health

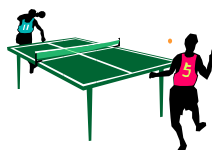
To stay healthy, one must be informed. The Center provides seminars, with up-to-date information on Healthy Aging:

- Weight Management
- Nutrition Classes
- Monthly Screenings
- Mental Health Counseling and Referrals
- Certified Massage Therapists
- Special Interest Support Groups

## Leisure

The Center offers many leisure time activities and tournaments:

- Table Tennis
- Billiards/Pool
- Shuffleboard



- Bridge & Pinochle
- Mahjong
- Scrabble
- Crafts
- Stained Glass
- Ceramics
- Jewelry Making
- Painting
- Music Appreciation
- Writers Group
- Language Class
- Armchair Travel Tour
- Speakers on Health and Fitness

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