

The City of Clermont welcomes you to the
2015 SENIOR HEALTHY LIVING EXPO!



CHAMPIONS

FOR A LIFETIME

City of Clermont's programs and activities for active adult lifestyles

ACTIVITIES

Open Pickleball in the Gymnasium

Check Gymnasium calendar for current schedule
Monday and Friday 8:30 to 11:30a.m.
Wednesday 11:30 to 2:30p.m.

Silver Sneakers Programs

Register for programs at the Parks & Recreation
Administrative Office

Tai Chi in the Gymnasium

Tuesday and Thursday 10:00 to 11:00a.m.

Cardio and Strength in the Recreation Wing

Wednesday 11:30a.m. to 12:30p.m.

FREE INFORMATIONAL SEMINARS

Speakers offering a variety of lifestyle topics

"Remembering When"- REMEMBERING WHEN is a free seminar on fire and fall prevention for older adults. Presented by Jennifer Pierce from the Clermont Fire Department
January 11, 3:00 to 4:00p.m. in the Recreation Wing

Scams & Fraud

Learn how to spot the warning signs of scams & fraud. It may help save you time and money. Presented by Officer David Colon from the Clermont Police Department
January 21, 3:00 to 5:00p.m. in the Recreation Wing

Kick start your weight loss in 2016

Presented by Jennifer Davis, Physical Activity in Public Health Specialist, from South Lake Hospital
January 27, 3:00 to 4:00p.m. in the Recreation Wing

Quit Smoking

Presented by Amaris Turner from "I Quit Tobacco."
Register at 877-252-6094
January 26, 6:00 to 8:00p.m. in the Recreation Wing

Arbor Day Tree Giveaway- Held at Lake Hiawatha Preserve

Lake Hiawatha Preserve is located at 450 N. 12th St./CR 561
January 16
10:30a.m. Tree give away by Clermont Garden Club
11:00a.m. Speaker Forester Chris Otremba
Florida Department of Agriculture and Consumer Services

Information on "Champions for A Lifetime" upcoming activities and programs is available at www.ClermontFL.gov. Call (352) 394-3500 for more information.