HEALTHY AGING

AUSTIN PARKS & RECREATION

The Healthy Aging is designed for individuals of all abilities ages 50+. Participants will learn how to manage stress, build strong bodies and minds and make new friends in an inclusive setting.

Runs in 10 week sessions.

When:
9am-3pm Mondays, Wednesdays, and Fridays

Where:
Alamo Recreation Center
2100 Alamo St.
Austin, TX 78722

Cost:
Free program for individuals 50+

Contact: Evan Kessler at Evan.Kessler@austintexas.gov 512-974-5680

Lunch is available through Meals on Wheels. Registration is required and restrictions apply.