

# California Senior Groups Celebrate 31st Annual National Senior Health & Fitness Day, Wednesday, May 29

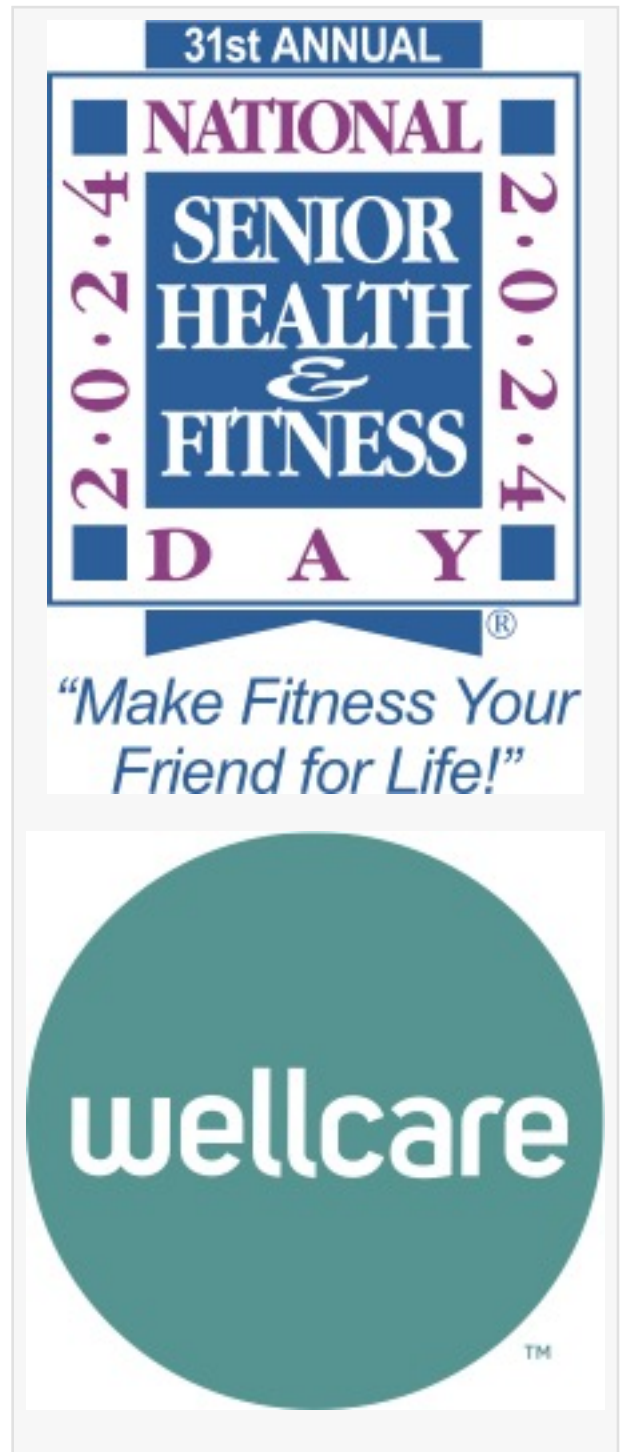
*Wellcare is the Exclusive California Health Plan Sponsor for the Local Events—Designed to Promote the Importance of Physical Activity for Older Adults.*

LOS ANGELES, CALIFORNIA, USA, May 24, 2024 /EINPresswire.com/ -- In celebration of the 31st annual [National Senior Health & Fitness Day](#)® on Wednesday, May 29, older adults in California will join more than 100,000 seniors participating in health and wellness events at more than 1,000 locations across the country.

National Senior Health & Fitness Day aims to promote the importance of regular physical activity for seniors, and to showcase what local organizations are doing in their communities to help improve the health of older adults.

Throughout California, National Senior Health & Fitness Day will be celebrated at senior centers, retirement communities, Ys and health clubs, park and recreation districts, hospitals and health systems, houses of worship and local aging organizations. Events at these locations, made possible in part through the support of the 2024 California state event sponsor, Wellcare, will include health fairs, fitness walks, exercise demonstrations, health screenings and presentations by health and fitness experts.

“National Senior Health & Fitness Day is the nation’s largest older adult health promotion event,” said Patricia Henze, executive director of the program. “We are pleased to be working in California with Wellcare and with more than 1,000 local organizations in other states to organize older adult health and wellness events throughout the United States on





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*Patricia Henze*

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For more information about National Senior Health & Fitness Day events in California on Wednesday, May 29, please e-mail [info \(at\) fitnessday \(dot\) com](mailto:info@fitnessday.com).

About Wellcare from Centene

Centene offers Medicare plans under the singular national brand Wellcare. We focus on simplifying the healthcare experience for our members and offer coverage that goes beyond Original Medicare to help our members live better,

healthier lives.

Like Original Medicare, we offer doctor and hospital coverage, plus extra benefits such as prescription drug coverage, dental, hearing, vision, fitness memberships and more. Wellcare offers Medicare Advantage plans in 37 states as well as standalone Medicare Prescription Drug Plans (PDPs) to 6.4 million members across all 50 U.S. states and Washington, D.C

About National Senior Health & Fitness Day®

National Senior Health & Fitness Day is the nation’s largest older adult health and wellness event, always held the last Wednesday in May. Visit [fitnessday.com](http://fitnessday.com) for event details. The event is organized by the Mature Market Resource Center™ (MMRC), a national clearinghouse for professionals who work in senior markets. In addition to National Senior Health & Fitness Day other well-known MMRC programs include the 32-year-old National Mature Media Awards ([seniorawards.com](http://seniorawards.com)), and the 10-year-old New Product & Technology Awards ([agingawards.com](http://agingawards.com)), together with professional publications and research services.

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