



NEWS RELEASE
July 31, 2014

Free Functional Fitness Seminar at the Elwin Mussell Senior Center

The City of Santa Maria Recreation and Parks Department invites the public to a free Active Living seminar designed for adults 50 years and up. This one-hour presentation on Functional Fitness will be held Friday, August 8, 2014 at 11:00 a.m. at the Elwin Mussell Senior Center, 510 E. Park Avenue.

Presenter David Svetich, DPT, of San Luis Sports Therapy, will cover the fundamental process of exercise and workouts for active adults and share valuable tips on how to prepare the body to perform daily activities such as exercise walking, bending, and lifting. Join us for some coffee and light refreshments and learn valuable information for everyday active living. No pre-registration required.

Questions may be directed to the Recreation and Parks Department, 925-0951 ext. 260.

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