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FOR IMMEDIATE RELEASE

Open House at the Oshkosh Seniors Center's Fox Fitness Center
Find out how the Oshkosh Seniors Center can help with healthy aging

OSHKOSH, Wis., January 16, 2023 – As you age, you need to be proactive to stay healthy and strong. A significant component of your exercise routine if you are older than 50 should include strength training. “Strength training enhances your quality of life and improves your ability to do everyday activities,” says Jean Wollerman, Seniors Services Manager at the Oshkosh Seniors Center. “It can protect your joints from injury and lessen your chances of falling.” Oshkosh has one of the largest and most visited Seniors Centers in the State. We are opening the doors on **Thursday, January 26, from noon to 3 pm** for people to see our facility's fitness equipment designed to help you maintain and build strength.

Center partners will share wellness information during the event, and visitors can sign up for door prizes. Network Health, the Oshkosh Police and Fire Department, and Hometown Pharmacy are just a few community participants. It's an excellent opportunity to hear about the new fall risk equipment that the Oshkosh Fire Department purchased for the Center. This equipment can determine your fall risk compared to your peers in under five minutes.

Getting started begins with our Fitness Coordinator, Alec Jensen, a Bachelor of Science in Kinesiology, Human Performance and over 20 fitness certifications. It does not matter what age or fitness level you find yourself in because the Center has classes and fitness equipment that can improve your strength.

Please commit to being proactive as you age. Make sure your fitness strategy includes visiting the Oshkosh Seniors Center, located at 234 N. Campbell Road, 920-232-5300.

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