



Media Inquiries:

Andy Radig, Communications Coordinator
(920) 236-5269; aradig@oshkoshwi.gov

FOR IMMEDIATE RELEASE

Open House at the Oshkosh Seniors Center's Fox Fitness Center
Tour the Center to find out how they can be a resource for healthy aging

OSHKOSH, Wis., January 17, 2024 – For those who want to get results from their fitness program, and they're aged 50 or older, they're invited to check out the Oshkosh Seniors Center on **Thursday, January 25, from Noon to 3 pm**. They can see the facility's fitness equipment, watch class demonstrations, and chat with community partners that are great resources for the road to aging well.

"The Center is committed to helping older adults achieve their goals to stay fit," says Dan Braun, Senior Services Manager. "I just talked to a person who joined and lost 50 pounds with the help of one of our certified fitness trainers. It's been a year, and she has kept the weight off. It doesn't matter what your fitness level is. For example, one person's goal was to get up off the floor without assistance, and through a plan that included strength training and balance building, she is feeling great and met her goal."

Oshkosh has one of the largest and most visited senior centers in the state of Wisconsin. They're opening the doors on **Thursday, January 25, from Noon to 3 pm** for people to see their facility's fitness center and demonstrations of the available classes.

Center partners will share wellness information during the event, and visitors can sign up for door prizes. Network Health, the Oshkosh Fire Department, Fusion Footwear, and Winnebago County Health Department are just a few of the community participants. The Center staff will be available to help attendees check their Medicare B coverage for fitness benefits. Many of these plans cover the cost of using the fitness facility and taking classes.

The Oshkosh Seniors Center encourages residents to commit to being proactive as they age. The Center has the tools it takes for them to live their best lives, and they encourage attendance at the January 25 Open House. The Oshkosh Seniors Center is located at 234 N. Campbell Road, 920-232-5300.

###