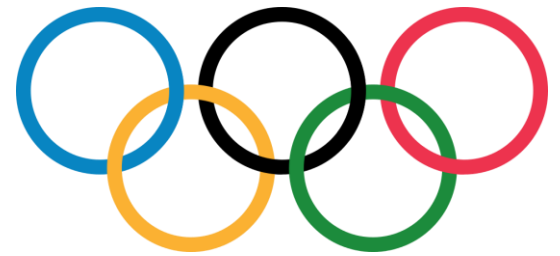




The Charlestown Memory Support Team  
is hosting an Olympic Mini-Triathlon!

**HELP US TO CREATE AN OLYMPIC MEMORY WITH  
RESIDENTS AND EMPLOYEES FROM CHARLESTOWN!**

**Friday, August 11, 2023  
10:00 AM – 1:00 PM  
Charlestown Square  
Aquatics Center**



We need **2** residents per team and **1** employee for a Mini-Triathlon (*2 laps in the pool, 1/2 mile on the NuStep and 1/2 mile on the Cycle Bike*). Each person on your team picks one event to compete in **AND** they have to perform a cognitive task at the same time they are exercising.

This is a friendly competition and a time for social engagement. Come out and meet a new friend while improving your strength, cardiovascular capacity, cognitive functioning and flexibility! It's also a great way to have fun and reduce stress! Volunteers and spectators are needed!

Contact the Fitness Center at ext. 601-8730 to register by August 1, 2023!

*Healthy Food Choices Available!*

