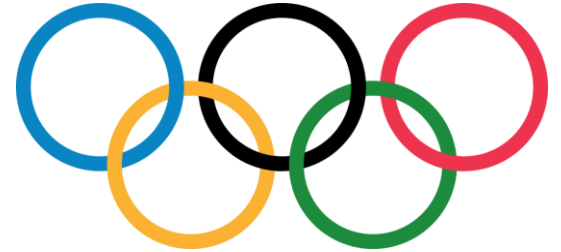




The Charlestown Memory Support Team is hosting an Olympic Mini-Triathlon!

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

Friday, August 9, 2024
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, ½ mile on the NuStep and ½ 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
July 8, 2024!

Healthy Food Choices Available!

