

**FOR IMMEDIATE RELEASE:**

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## **The Ambassador Health System Celebrates National Senior Health & Fitness Day with Local Seniors**

### **Local Activities Part of a National Movement to Promote a Healthy Lifestyle**

*Nebraska City, NE* – The Ambassador Health System will join with over 1,000 local events to celebrate the 17th Annual National Senior Health & Fitness Day (NSHFD) on May 26, 2010. As an official host site, Ambassador Wellness Center will hold a health and wellness expo from 9:00 AM to 1:00 PM on the 26<sup>th</sup>.

“This year’s event will carry on the tradition of encouraging community seniors to live a healthy lifestyle; whether that is physically, mentally, or spiritually,” said Stephanie Farmer, Director of Marketing for The Ambassador Health System.

Ambassador Wellness Center will host some of the more than 100,000 seniors across the country expected to join together to promote an active, healthy lifestyle through physical fitness, good nutrition and preventive care. The health and wellness expo will also feature special exhibitors from southeast Nebraska and southwest Iowa showcasing products and services that will enhance the lives of seniors both mentally and physically.

Ambassador Wellness Center will be free and open to seniors from southeast Nebraska and southwest Iowa, who wish to try out equipment, take a fitness class including water aerobics and stretch and flex, or simply walk around the track. Fitness demonstrations and presentations will also be taking place throughout the day. Join us on Wednesday, May 26<sup>th</sup> from 9:00 AM to 1:00 PM at Ambassador Wellness Center, 1240 North 19<sup>th</sup> Street, to enjoy the fun!

For more information about the NSHFD health and wellness expo, please contact Stephanie Farmer at 402-873-8513 or by email at [stephanie.farmer@ambhealthsys.com](mailto:stephanie.farmer@ambhealthsys.com).

***National Senior Health & Fitness Day** is always held on the last Wednesday in May in support of Older Americans Month and National Physical Fitness and Sports Month. NSHFD is coordinated by the Mature Market Resource Center.*

***The Ambassador Health System** is comprised of four skilled nursing facilities located in Omaha, Lincoln, Nebraska City, and Sidney, Iowa. The Ambassador Health System offers assisted and independent living, long-term skilled nursing care, short-term rehabilitation, and adult pulmonary care. As an innovative leader in health care, The Ambassador Health System is proud to offer the only pediatric pulmonary unit in the state of Nebraska. By focusing on "The Art of Caring," The Ambassador is able to provide quality, individualized care for its patients, in an environment that fosters independence, choice, and dignity. The Ambassador Health System is located at 1240 North 19<sup>th</sup> Street in Nebraska City, Nebraska, 68410. For more information, visit [www.ambhealthsys.com](http://www.ambhealthsys.com) or call (402) 873-7791.*

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