



Rehabilitation Hospital

Medical Research Institute

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### FOR IMMEDIATE RELEASE

#### **“Burke Rehabilitation Center to Host FREE Senior Health and Fitness Day in White Plains”**

**WHITE PLAINS, NY- April 22, 2014** – Did you know that physical activity is one of the most important things you can do for your health? It can help control your weight, reduce your risk of cardiovascular disease, strengthen your muscles and even increase your chances of living longer. As you grow older, it is important to continue taking part in physical activities.

Burke Rehabilitation Hospital encourages seniors to participate in physical activity and educates them about the numerous benefits associated with participating in a daily fitness routine through our adult fitness center, community education programs and special events. With this goal in mind, Burke will be hosting the 2014 Senior Health and Fitness Day from 8:30 a.m. to 4 p.m. on May 28. This year’s theme is *Make a Move Toward Better Health*. The event will be held in the Rosedale Room of the Billings Building on Burke’s campus, 785 Mamaroneck Ave. in White Plains. The day’s activities include fitness classes, education seminars and self-improvement information sessions aimed at enhancing daily living.

"Health and fitness is important throughout our lives but becomes especially important as we age," said Heather Massimo, director of the Fitness Center at Burke. "We want to motivate and encourage people to continue to perform activities of daily living."

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Senior Health and Fitness Day is free and open to the public, with lunch included. Due to space limitations, registration is required. Walk-ins cannot be accommodated. To register, please call Martha Guarin at (914) 422-1255. If you are a senior, live in White Plains and need transportation, please call the White Plains Community Center at (914) 422-1423.



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The event is sponsored by The Fitness Center at Burke, White Plains Hospital, the City of White Plains Recreation & Parks Community Center, Willow Towers Assisted Living, Visiting Nurse Services of New York, Sprain Brook Manor Rehab and the Westchester County Department of Senior Programs and Services.

Burke Rehabilitation Hospital is a private, not-for-profit, acute rehabilitation hospital. Founded in 1915, it is the only hospital in Westchester County dedicated solely to rehabilitation medicine. Burke offers both inpatient and outpatient programs for those who have experienced a disabling illness, traumatic injury or joint replacement surgery. The hospital is part of Burke Rehabilitation Center, which also includes Burke Medical Research Institute. Burke's world-renowned doctors and therapists provide state-of-the-art treatment while its research scientists explore the frontiers of neurological and rehabilitation medicine. All share the Burke mission to ensure that every patient makes the fullest possible recovery from illness or injury regardless of their ability to pay. For additional information about Burke Rehabilitation Center, please visit [burke.org](http://burke.org).

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