FOR IMMEDIATE RELEASE

“SENIOR HEALTH AND FITNESS DAY TO BE HELD AT BURKE REHABILITATION HOSPITAL ON MAY 25, 2011”

WHITE PLAINS, NY – May 05, 2011 – The Burke Rehabilitation Hospital will host a health and fitness day for seniors from 8:30 a.m. to 3:30 p.m. Wednesday, May 25, 2011 in the Rosedale Room of Billings Building #4 on Burke’s campus, 785 Mamaroneck Avenue in White Plains. Sponsors include Burke’s Smart Fitness Center, White Plains Hospital Center’s Division of Geriatric Services, the City of White Plains Recreation & Parks Senior Center, Greenwich Woods HealthCare and Rehabilitation, Willow Towers Assisted Living and the Westchester County Department of Senior Programs and Services.

The day’s activities include themed “Make Fitness a Goal for Life” classes, education seminars, and self-improvement information. Senior Health and Fitness Day at Burke is free and open to the public; lunch will be served. Due to limited space, registration is required.

For information and to register, please call Heather Keeler, director of Burke’s Smart Fitness Center, at 914-597-2578, or e-mail HKEELER@burke.org. If you live in White Plains and need transportation to the event, please call the White Plains Senior Center at 914-422-1423.
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. Burke is both an acute rehabilitation hospital and medical research center. Burke’s world renowned doctors and therapists provide state-of-the-art treatment, while its research scientists explore the frontiers of neurological and pulmonary 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.

###