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Request for Coverage

**EmblemHealth Bronx Open
August 7-14
Crotona Park, Bronx**

**Presents 3rd Annual Seniors' Day
Monday, August 8
10 am to 2 pm**

The EmblemHealth Bronx Open will host Seniors' Day on Monday, August 8 from 10 am to 2 pm to demonstrate how seniors can incorporate a healthy fitness routine into their daily schedules.

Studies have shown that regular exercise helps seniors maintain health, boost energy, and improve confidence.

Seniors' Day activities include warm up and Cardio Tennis taught by Diana Love; and a new heart-to-heart program taught by Max Fleurival which features exercise stretching, breathing correctly and nutrition information.

Coverage Invited: Great Visuals and Interview Opportunities

- **WHAT:** EmblemHealth Bronx Open Seniors' Day
- **WHO:** Max Fleurival, health and wellness coach
Diana Love, NYJTL instructor
- **WHEN:** Monday, August 8
10 am to 2 pm
- **WHERE:** Crotona Park
1701 Crotona Avenue
Bronx, NY 10460