



PT DAY OF SERVICE ALBUQUERQUE EVENT!

SATURDAY, OCTOBER 5, 2024

APTA GERIATRICS NEW MEXICO SENIOR GAMES ALBUQUERQUE 50+ GAMES

- Please consider joining us for Sustained Athlete Fitness Exam (SAFE). SAFE has been used to screen general health and physical fitness in athletes participating in the past seven National Senior Games, successfully identifying those with risk factors in the areas of Cardiovascular Fitness, Muscular Fitness, Flexibility Fitness and Balance Fitness.
- Sign up for a station that Active 50+ year olds will be going through and they will get a scorecard on their performance.
 - Two Shifts to Choose From: 8:00 - 11:00 AM or 10:30 AM - 1:00 PM

North Domingo Baca Multigenerational Center

7521 Carmel Ave NE
Albuquerque, NM 87113

No past experience necessary!

Open to all PTs, PTAs and Students!

Review of brief written info and short video will be available before the event to prepare for your station.

Early shift includes set up and practice/review.

Later shift includes overlap for practice/review and take down at end of day.

Please come and meet other PTs, PTAs and students while volunteering to help your community at the same time!

Link and QR CODE for registration and more information:

<https://www.signupgenius.com/go/8050B4BAAAE2BABF58-50654431-albuquerque>

