



**City of North Miami Beach**  
17011 NE 19<sup>th</sup> Avenue  
North Miami Beach, FL 33162

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**For Immediate Release**

**The City of North Miami Beach, the North Miami Beach Chamber of Commerce, and Commissioner Paule Villard will host a Senior Health & Fitness Fair**

**North Miami Beach, FL – September 20, 2022** – The City of North Miami Beach, the North Miami Beach Chamber of Commerce, and Commissioner Paule Villard (Senior Liaison) will host a “Fall into Health” Senior Health & Fitness Fair. The fair will be held on Thursday, September 22, 2022, from 9 a.m. to 12:30 p.m. at the Marjorie & William McDonald Center (located at 17051 NE 19<sup>th</sup> Avenue, North Miami Beach, FL 33162).

North Miami Beach seniors are invited to “Fall into Health” at the Senior Health & Fitness Fair which aims to provide participants with important health resources and fitness tips to improve daily wellness habits. The fair will feature local vendors who will showcase products and services catering to senior needs. Attendees will be able to enjoy a variety of vendor booths, giveaways, raffle prizes, free health screenings, health lectures, fitness classes, musical entertainment, and more. The fun filled morning will also provide opportunities for seniors to network amongst each other while making new friends in our community.

Commissioner Paule Villard will host a complimentary lunch after the fair starting at 12:30 p.m.

“Our seniors are an important part of our family structures and our community. They have paved the way for us to be here today. That’s why we want to make sure they continue living a healthy, happy, and active lifestyle” said Commissioner Paule Villard.

This event is free and open to the community. To RSVP online, visit [NMBHealthFair.Eventbrite.com](https://www.eventbrite.com/e/nmb-health-fair-2022-tickets-38444444444). To request an interview with Commissioner Paule Villard, please send the request via email to Susset Cabrera at [susset.cabrera@citynmb.com](mailto:susset.cabrera@citynmb.com).

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**About City of North Miami Beach**

Truly at the “Crossroads of South Florida,” North Miami Beach is located midway between Miami and Ft. Lauderdale and adjacent to the Golden Glades Interchange where I-95, Florida’s Turnpike, and the Palmetto Expressway meet. The central location, easy access, and major arteries including West Dixie Highway, Biscayne Boulevard, and 163<sup>rd</sup> Street, have transformed North Miami Beach into one of South Florida’s best known regional destinations for dining, shopping, and business ventures. The City is operated by 460 full-time employees and 10 departments. For more information, visit [www.CityNMB.com](http://www.CityNMB.com).