

FOR IMMEDIATE RELEASE:



Embrace better health.®

MEDIA CONTACTS:

Edith Torres

305-755-7862

Email: etorres@miamidade.gov

Corey Miller

AvMed

305-671-4721

Email: corey.miller@avmed.org

AvMed Helps Miami-Dade Parks' "Active Older Adults" Recharge the Healthy Way

MIAMI – October 27, 2015 – AvMed is adding a “charge” to Miami-Dade Parks’ Active Older Adults program this fall to help its participants refuel after their workouts. Since September, AvMed has set up “charging stations” at the site of each Active Older Adults program, hosted at public parks throughout the County. Rather than offer power for “on-the-go” portable devices, like most charging stations, these “better charging stations” offer a variety of whole fruits and healthy smoothie recipes to recharge their bodies the natural and healthy way. AvMed Benefits Consultants have also been available at select parks to present Medicare information and answer questions.

Miami-Dade Parks’ Active Older Adults Program provides those age 55 and over with health and fitness programs, including EnhanceFitness®, Tai Chi, Yoga, nutrition information, and more.

Earlier this summer, AvMed and the Parks Foundation of Miami-Dade, in support of Miami-Dade Parks, Recreation and Open Spaces, announced an expanded partnership that amplifies their joint commitment to staying well through health and fitness programs for all ages.

“AvMed’s relationship with Miami-Dade County and its award-winning parks, continues to grow alongside our mutual commitment to the health and well-being of County residents,” said AvMed Chief Marketing Officer James M. Repp. “Our ‘better charging stations’ will engage the County’s active older adult community and support their continued strides on the road to better health.”

“I want to thank AvMed for its commitment to the health and wellness of Miami-Dade County residents and for sponsoring programs such as the Active Older Adults Program, helping older adults remain active and in good health,” said Miami-Dade Parks Director Jack Kardys. “Parks are a community’s first choice for accessible and affordable fitness, sports, and recreational opportunities.”

AvMed Charging Stations @ Miami-Dade Parks’ Active Older Adults Program Remaining Schedule and Locations:

[Arcola Lakes Senior Center:](#)

8401 NW 14 Avenue, Miami, FL, 305-694-2728

8:30 - 10:45 a.m.

Wednesday, November 11, 2015

[Continental Park](#)

10000 SW 82 Avenue, Miami, FL, 305-274-9666

MIAMI-DADE PARK AND RECREATION DEPARTMENT

275 NW 2nd Street, Third Floor, Miami, FL 33128

(305) 755-7800

9:30 – 11:30 a.m.
Friday, November 13, 2015

[Country Village Park](#)

6550 NW 188 Terrace, Miami, FL, 305-622-2594
9:30 – 10:30 a.m.
Monday, November 9, 2015

[Deerwood Bonita Lakes Park](#)

14445 SW 122 Avenue, Miami, FL, 305-234-1660
11 a.m. – noon
Wednesday, November 11, 2015

[Gwen Cherry Park](#)

7090 NW 22 Avenue, Miami, FL 305-694-4889
11 a.m. – noon
Thursday, November 12, 2015

[South Dade Park](#)

28151 SW 164 Avenue, Miami, FL, 305-247-9453
9:30 – 10:30 a.m.
Thursday, November 12, 2015

[Westwind Lakes Park](#)

6805 SW 152 Avenue, Miami, FL, 305-388-4771
10 – 11 a.m.
Tuesday, November 10, 2015

AvMed Medicare Seminars @ Miami-Dade Parks' Active Older Adults Program Remaining Schedule and Locations:
Please schedule an appointment at 1-888-430-9896 (TTY 711).

[Continental Park](#)

10000 SW 82 Avenue, Miami, FL, 305-274-9666
9 a.m.
Thursday, November 19, 2015

[Country Village Park](#)

6550 NW 188 Terrace, Miami, FL, 305-622-2594
9 a.m.
Friday, November 17, 2015

For more information on Miami-Dade Parks' Active Older Adults Program, visit the County's [webpage](#) or call Allan Tavss at 786-372-9701.

[Miami-Dade Parks](#), a world-class parks system supported by the [Parks Foundation of Miami-Dade](#), focuses on Placemaking, Health and Fitness, and Conservation and Stewardship. For more information, visit www.miamidade.gov/parks.

[About AvMed](#)

In 1969, AvMed began in South Florida as Aviation Medicine to serve the growing airline industry with pilot physicals. Today, with offices in every major metropolitan area of the state, AvMed aims to inspire its membership of more than 320,000 Floridians to celebrate an active lifestyle and "Embrace better health®." One of Florida's oldest and largest not-for-profit health plans, AvMed provides Medicare Advantage coverage in Broward and Miami-Dade counties, Individual and

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Family coverage in the South Florida, Orlando and Gainesville Markets and coverage for Employer Groups in more than 30 counties across the state. Well-known employer clients have been partners for decades, a testament to AvMed's culture of service and satisfaction, which consistently ranks above statewide peers. For more information, visit AvMed.org

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