

May 2016



# Georgia Golden Olympics

*Promoting healthy active lifestyle!*

*“Over 20 sports and 60+ events are offered at the games.*

*Fun, fellowship, competition! A time to enjoy, compete and meet new friends!!! JOIN US!*

## 2016 Georgia Golden Olympics

Registration is open for the 2016 Georgia Golden Games scheduled for September 21-24, 2016 in Warner Robins, GA. Register by August 1 to avoid late fees. If you have participated in the event in previous years you may register on line from the website:

[www.georgiagoldenolympics.org](http://www.georgiagoldenolympics.org). The 2016 event is a qualifying event for the 2017 National Senior Games scheduled for June 2017 in Birmingham, AL. Compete at the state event and qualify to compete with thousands of other 50+ adults across the country.

**Register today!! Do not wait until the last minute!**

## Make a Contribution to the Georgia Golden Olympics

The Georgia Golden Games, Inc. is funded by contributions from friends, companies and organizations with an interest in the health and wellbeing of Georgia's adults. If you are interested in making a tax deductible contribution to an organization please choose the Georgia Golden Games, Inc. (Georgia Golden Olympics). Contributions may be sent to Georgia Golden Games, Inc., PO Box 958, Winder, GA 30680.

Thank you for your assistance. .



## Athletes, Get Involved in the NSGA

Help the NSGA celebrate 30 years of Games in 2017 by sharing your fondest memories and fitness secrets with the NSGA. Selected entries will be included on a 30th Anniversary web page and newsletter in 2017, plus in special displays and activities in Birmingham at the National Senior Games.

You may go to the NSGA website: [nsga.com](http://nsga.com) to complete the online forms: "Memories of the Games" and "30 Secrets". You may enter any of your memories, advice or personal expressions on health, nutrition, motivation, or staying physical and mentally active. The top 30 secrets will be shared with National Media in 2017. Share your story or your secrets and be a part of the 2017 National Senior Games 30th Anniversary.

## Volunteer for the Georgia Golden Olympics

Interested in doing something fun and helpful...VOLUNTEER for the Georgia Golden Olympics in September in Warner Robins, GA. The annual games would never be a reality if not for lots of volunteers who plan and implement the games. We need your help. If you have a day, a half day or a few hours, join us and volunteer for one of the many jobs available. The volunteer form will be on the website soon. Complete the form, sign the waiver and choose where you would like to help. Send the form to the address listed or email the form. Volunteers who sign up by the deadline will receive a volunteer shirt but more importantly you will see active older adults who will inspire you to be active and to enjoy life.

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