



**44th Annual**  
**Bringing It Together**  
 "An Older Americans Month Celebration"

**CHAMPION YOUR HEALTH**  
**FRIDAY,**  
**MAY 22, 2026**  
**10:00 a.m. to 2:00 p.m.**  
**Muny Upper Parking Lot**  
**(In Forest Park)**

**AWARDS ~ DANCING ~ FOOD**  
 ~  
**HEALTH & WELLNESS**  
**INFORMATIONAL BOOTHS**  
 ~  
**INTER-GENERATIONAL ACTIVITIES**  
 ~  
**LUNCH AVAILABLE ~ PARK TOUR**

**ST. LOUIS AMERICAN**

A collaboration among People's Community Action Corporation, Ameren Missouri, Affinia Health Care, First Mid Bank, Anthem and the Missouri Department of Health and Senior Services – Office of Minority Health & Health Equity along with AADD/Challenges Unlimited, Moll Printing Co., The Muny, Southside Wellness Center, St. Louis Area Agency on Aging, City of St. Louis Fire Department, City of St. Louis Department of Health, The St. Louis American, St. Louis area senior centers, St. Louis Department of Parks, Recreation & Forestry, St. Louis University and Abbott EMS.



**INVITED GUESTS:**  
 Federal, State and City  
 Elected Officials

**APPEARING  
 ON THE PROGRAM:**  
 Enjoy the sweet set of  
 golden oldies from radio  
 personality Bernie Hayes

~  
 Dancing by the Bayer  
 YMCA Jazzy Juniors  
 ~  
 Tai Chi by Sifu Parram  
 ~  
 Music by Marty Abdullah  
 & Uvee Hayes  
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*Plus, a distinguished  
 panel of outstanding  
 community leaders  
 will receive awards*



**OLDER  
 AMERICANS  
 MONTH**

**CHAMPION YOUR HEALTH: MAY 2026**

**For details, contact Ollie Stewart or Debra at 314-664-5024 or email southsidewellness314@gmail.com**