

Mount Hope Monitor October 2010

Fitness Room Opens at Local Senior Center

Morris Senior Center on East 181st Street now has a fitness room.

"Obesity rates for seniors have risen significantly in the last decade, so I am excited to celebrate the opening of the fitness center at BronxWorks Morris Center that will help combat that," said Councilman Fernando Cabrera in a statement. "When my seniors get excited about working out, I can't help but get excited as well. It is a joy to see our seniors once again help lead the way in an area where my entire district can improve, healthy living."

The senior center is run by BronxWorks, formerly called the Citizens Advice Bureau.