



NEW YORK STATE SENATOR

Tony Avella

## Senator Avella Hosts Ceremony Presenting \$150,000 Check for Glen Oaks Health & Wellness Center Project

[TONY AVELLA](#) August 21, 2015

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(Queens, New York) Today, August 21st, Senator Avella presented a check for \$150,000 to the Parks and Receptions Department for the construction of a Glen Oaks Health & Wellness Course. The Senator presented the check to Glen Oaks Village President Bob Friedrich, who had suggested the project. Senator Avella and Mr. Friedrich were joined by local community members at the Glen Oaks Oval Park, the proposed location for the Health & Wellness course.

Bob Friedrich brought the idea to Senator Avella last February as a way to provide an inexpensive and accessible means for locals to exercise and stay healthy. While it is particularly intended to benefit the wellbeing of senior citizens, the course will be open to adults, seniors and children alike.

Once completed, the Health & Wellness Course will include an asphalt track for cardio activity, exercise stations and additional features. Given the surrounding residential community, thousands of families will benefit.

“The Glen Oaks Oval is within walking distance of many families. Seniors, who often lack the opportunity to get the exercise they need, will have a place to improve their health and bring their grandchildren to play. It is overall a fantastic idea; I’m proud to have secured funding for such a great project,” said State Senator Tony Avella.

“The Adult Wellness Course at the Glen Oaks Oval at the intersection of 260 Street and 74th Avenue will be a tremendous asset for the 3,000 families of Glen Oaks Village and all the other families of the surrounding community that regularly use this Park. It will give seniors and others a chance to get into better shape and stay healthier. We are all excited about this Wellness Course. I want to personally thank Senator Avella for taking my comprehensive proposal, running with it and securing the necessary funding. Working together makes communities better,” commented President of Glen Oaks Village Bob

Friedrich.

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