

# **Petition to Restore Funding for Comprehensive Health, Fitness, and Wellness Programs for Mature Adults, Seniors and the Elderly in Chattanooga, Tennessee**

**To: Mayor Tim Kelly and City Council of Chattanooga, Tennessee**

We, the undersigned residents of Chattanooga, are deeply concerned about the systematic defunding of essential health, fitness, and wellness programs aimed at supporting our mature adults, seniors, and elderly community members. These essential services not only enhance the quality of life for our "vintage" population but also promote their physical health, mental well-being, and social engagement.

As members of this vibrant community mature adults and seniors contribute substantially to tax base of Chattanooga and Hamilton County. Also whether through work, volunteering, or simply being good neighbors we deserve access to comprehensive health, fitness and wellness resources that honor our needs. Unfortunately, Tim Kelly your administration has ignored and marginalized these critical programs that provide:

- 1. Regular Comprehensive Physical Fitness Events:** Regular exercise is key to maintaining mobility and independence. Our seniors benefit from tailored fitness education and programs that cater to their unique physical needs.
- 2. Mental And Physical Impairments:** Essential health, fitness and wellness services for seniors with varying levels of mental and physical disabilities is protected and enforced by federal law.
- 3. Nutritional Guidance:** Access to healthy meals and nutritional education helps combat chronic diseases prevalent among older adults. Proper nutrition is crucial for maintaining energy levels and overall health.
- 4. Mental Health Support:** Many seniors face isolation and mental health challenges. Community activities and counseling services foster connection and support emotional well-being.

By systematically cutting funding for these essential programs, your administration is not only neglecting the health, fitness and wellness needs of mature adults, seniors but also undermining their dignity and contributions to Chattanooga and Hamilton County. A truly thriving ONE CHATTANOOGA community values its elders. it recognizes the wealth of experience they bring and invests in their well-being.

We insist mayor Tim Kelly and the City Council take immediate action to restore funding for comprehensive health, fitness, and wellness programs specifically designed for mature adults, seniors, and the elderly in Chattanooga. Our aging population deserves and has earned better. Better care, better resources, and better support.











