**FOR IMMEDIATE RELEASE**

Contact: Teresa Sutphin, FTAAAD, 423-722-5120
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**Deadline Approaching! Register for the First District Senior Olympics**

JOHNSON CITY, Tenn.— Attention all Northeast Tennessee senior athletes! Sign up now for the First Tennessee District Senior Olympics, to be held from September 7–October 8, 2022 in venues around Kingsport and Johnson City. If you are 50 years of age or older and have a competitive spirit, this is the perfect opportunity to showcase your athletic skills, try out a new sport, or just meet fun, like-minded people.

Some of the sports offered this year include golf, table tennis, corn hole, shuffleboard, pickleball, swimming, bowling, horseshoes, and track and field. The district games are a qualifier for the Tennessee State Senior Olympics, which will be held in the Franklin/ Brentwood area next June.

The deadline to register is Wednesday, August 17, 2022. If interested, you can obtain an entry form at any senior center in Carter, Greene, Hancock, Hawkins, Johnson, Sullivan, Unicoi and Washington counties; download an entry form from the Tennessee Senior Olympics website [www.tnseniorolympics.com](http://www.tnseniorolympics.com) (click “First” under the District tab) or contact Teresa Sutphin, First Tennessee District coordinator, at 423-722-5120 or by email at tsutphin@ftaaad.org.

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**About First Tennessee Development District Area Agency on Aging and Disability**FTAAAD’s mission is to improve the quality of life for older adults and adults with disabilities who live in the eight counties of Northeast Tennessee by advocating, setting policy, identifying local needs, providing services, coordinating resources, and providing information to promote a continuum of care which supports independence, choice, and empowerment for those we are committed to serve. For more information, call 423-928-3258 or visit [www.ftaaad.org](http://www.ftaaad.org).

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