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Press Release

FOR IMMEDIATE RELEASE

May 2, 2022

City of Miami Beach Partners with Upright City to Launch Inclusive Seniors Soccer Champions Program

— First-of-its-Kind Recreational Soccer Program for Miami Beach Seniors —

Miami Beach, FL – The City of Miami Beach has partnered with premier soccer development agency Upright City to launch a first-of-its-kind Seniors Soccer Champions Program in Miami Beach. The program is designed for men and women over 65.

The free program will also be open to Miami Beach residents who are over 55 based on availability. Preregistration is encouraged since participation is on a first-come, first-served basis.

“This is a wonderful program for any senior who is healthy enough for physical activity,” explained Miami Beach City Manager Alina T. Hudak. “Soccer is the perfect sport for any senior looking to improve their health, get outside or make new friends.”

Upright City founder Alex Avellanet said the program was created to address a lack of sports programming for seniors. She said her company’s mission is to “create positive social impacts, bring people together and create a better tomorrow through soccer — one city at a time.”

Soccer has been shown to promote mental and physical health, making it ideal for seniors. It improves cardiovascular health, strengthens bones, raises oxygen absorption, increases mental alertness, enhances balance and is great for stress relief while helping seniors strengthen social bonds.

Retired international soccer player Pablo Lima will oversee the coaching effort. Lima played left-back on Uruguay’s National Team.

To sign up for the program, volunteer or make a donation to support the program contact Upright City at 786.922.3729 or via email at connect@uprightcity.com.

The Miami Beach program kicks off on Tuesday, May 3, 2022 at Flamingo Park Football Stadium in Miami Beach. The program will be held on Tuesdays going forward. Upright City developed the program in partnership with the City of Miami Beach.

WHAT: Seniors Soccer Champions Program

WHEN: Tuesday, May 3, 10 a.m. to 11 a.m.

WHERE: Flamingo Park Football Stadium, 999 11 St.

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