

# SENIOR HEALTH FAIR & WELLNESS “SAFARI” AND FLU SHOT EVENT

Friday, October 28, 2011

9:30-11:30 a.m.

College Avenue Center

4855 College Avenue

San Diego CA 92115

(858) 637-3270

Join us on our “safari to health” this year at our annual senior health & wellness fair. The College Avenue Center is here to help you navigate through the “jungle” & find the information you need. Local health care services, vendors and providers will be here to guide you on the path to a healthier lifestyle.

### Flu Shot Information

Seasonal Flu Shots will be provided by Sharp Grossmont Senior Resource Center.

Flu shots are recommended for older adults aged 60 and over, and adults with chronic illness that impacts their immune systems.

\$2.00 suggested donation

### Event Schedule

9:30- 11:30 a.m. Health & Wellness Fair and Flu shots

12:00 p.m. Special Luncheon

12:30 p.m. Entertainment

Suggested lunch donation for adults 60 & older: \$4.00

All others \$7.00 fee

College Avenue Center— Social & Wellness Programs  
4855 College Avenue San Diego, CA 92115  
(858)637-3270 (858)637-3271 fax [www.jfssd.org/cac](http://www.jfssd.org/cac)

