

# SENIOR FAIR 2012:

## AGE STRONG: BE A SAVVY SENIOR

*Learn how to Age Strong  
with fun and informative FREE events  
at the Pacific Beach Library!*

### WORKSHOPS inside the Community Room:

- 10:30—**George Chamberlin**: learn how to outwit crooks who prey on seniors
- 11:30—**Senior Boot Camp**: self-defense tips from the 73-years-young Mary Davis
- 12:30—**Tech Talk for Beginners**: learn the latest from SD Continuing Education
- 1:30—**Laughter Yoga**: laugh and breathe your way to relaxation & better health



### EVENTS on the Cass Street Plaza:

- 10:00—**Tai Chi Class**
- 11:00—performance by **Third Season Jazz**
- 12:00—Song Stylist **Tracy Benson**
- 1:00—**Zumba Gold**: low-impact fitness class



### PLUS, drop by for these all-day activities:

- 9-3pm—**Free Health Screenings** at the AARP/Walgreen's bus (\$140 value)
- 10-2pm—**demos on downloading eBooks** to your eReader (bring your device)



### More FUN throughout the day:

- ▶ FREE food and drink will be provided
- ▶ All attendees will have the chance to win DOOR PRIZES

### BROWSE BOOTHS on the Cass Street Plaza:

Speak with representatives from **Ageing & Independence Services, AARP, SD County Mental Health, Elder Help of San Diego**, and more!

# Saturday, May 19<sup>th</sup>

## 10:00 am—2:00 pm



  
The City of San Diego  
This information will be made available  
in alternate formats upon request.

Pacific Beach / Taylor Branch Library  
4275 Cass St. San Diego, CA 92109 ✆ 858.581-9934  
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