

# Safe Today. Healthy Tomorrow.

## Older Adults Health Fair



**Saturday, April 26th**

**10:00 am to 2:00 pm**

Entertainment, food, raffles, booths, health screenings, presentations, and more! If your organization would like to have a booth at this year's Fair, please contact Leslie McNabb at [lmcnabb@sanidiego.gov](mailto:lmcnabb@sanidiego.gov).

### Time

10:00 am  
10:30 am  
11:00 am  
11:30 am  
12:00 pm  
12:30 pm  
1:00 pm  
1:30 pm

### Event

Zumba Gold  
Senior Self-Defense-Mary Davis  
Crown Point Junior Music Academy  
Cybercrime-Brendan McHugh  
Tai Chi  
Senior Sing-Along  
Laughter Yoga  
Hands-On Healthy Cooking Demo

### Location

Outside  
Meeting Room  
Outside  
Meeting Room  
Outside  
Meeting Room  
Outside  
Meeting Room