



Still Going Strong Fair

May 1st from 12:00-4:00 pm

Talks in the Auditorium

1:00 pm

How to Get the Most from Your
Healthcare Provider

2:00 pm

Nutrition 101: The Basics of
Protein, Carbohydrates & Fats

3:00 pm

Still Going Strong: Healthy
Habits for a Healthier You

Free Events

12:00-4:00 pm

Memories in the Making
(painting) in the Courtyard

12:00-4:00 pm

Connect Hearing (hearing
screenings) in the Commission
Room (9th floor)

Sharp Healthcare Screenings in the Lobby

- Cholesterol
- Blood Sugar
- Body Mass Index (BMI)
- Blood Pressure
- Tobacco Use

Booths

- Every Woman Counts
- Osher
- Ecoverse
- Elderhelp
- UPAC
- Aging & Independence
Services
- Toby Wells YMCA
- OASIS

There will be free refreshments.