

Electronic format available at HealthyAgingMatters.info

Healthy Aging Matters

Anyone over 50 will want to mark June 18th on their calendars to attend a free health and wellness fair for those ages 50+. An important factor in having a significant second half of life is how healthy we are. This event will focus on prevention and identification of a chronic illness as early as possible. The goal is to be able to continue an active lifestyle for years to come.

The event begins at 9 a.m. and wraps up at 1:30 p.m. The free screenings that will be offered are:

- Diabetes Screening
- Blood Pressure
- Medication Review (Bring your medications)
- Body Mass Index
- Bone Density or Osteoporosis Check

There will be a series of workshops beginning at 10 a.m. The topics covered in these workshops include:

- Staying in Your Home Longer
- Are You At Risk Nutritionally Speaking
- Exercise - S.T.E.P. for Seniors

The exhibitors at Healthy Aging Matters are going to be showing how you can stay active and in your home longer. Many of the exhibits will be interactive. Come ready to learn by participating and trying new things.

Free healthy snacks will be offered while participants browse through the exhibits and participate in the screenings. There will be door prizes and drawings to sign up for at this event.

Mark your calendars now for:

Healthy Aging Matters
June 18th, 2008
9 A.M. to 1:30 P.M.
Peace In Christ Lutheran Church
5007 Maple Grove Road
Hermantown

For detailed information on the workshops and a list of exhibitors visit HealthyAgingMatters.info or call Debra Laine at 529-7534.

OVER FOR CUT AND PASTE



Healthy Aging Matters

Anyone over 50 will want to mark June 18th on their calendars to attend a free health and wellness fair for those ages 50+. An important factor in having a significant second half of life is how healthy we are. This event will focus on prevention and identification of a chronic illness as early as possible. The goal is to be able to continue an active lifestyle for years to come.

The event begins at 9 a.m. and wraps up at 1:30 p.m. The free screenings that will be offered are:

- Diabetes Screening
- Blood Pressure
- Medication Review (Bring your medications)
- Body Mass Index
- Bone Density or Osteoporosis Check



There will be a series of workshops beginning at 10 a.m. The topics covered in these workshops include:

- Staying in Your Home Longer
- Are You At Risk Nutritionally Speaking
- Exercise - S.T.E.P. for Seniors

The exhibitors at Healthy Aging Matters are going to be showing how you can stay active and in your home longer. Many of the exhibits will be interactive. Come ready to learn by participating and trying new things.

Free healthy snacks will be offered while participants browse through the exhibits and participate in the screenings. There will be door prizes and drawings to sign up for at this event.

Mark your calendars now for:

Healthy Aging Matters
June 18th, 2008
9 A.M. to 1:30 P.M.
Peace In Christ Lutheran Church
5007 Maple Grove Road
Hermantown



For detailed information on the workshops and a list of exhibitors visit HealthyAgingMatters.info or call Debra Laine at 529-7534.