

Healthy Aging Matters! Free Health and Wellness Fair for 50+ Age Adults



Free Screening and Checks

Blood Pressure

Body Mass Index

Medication Review

Diabetes Screening

Workshops on:

Staying in Your
Home Longer

Nutrition

Exercise

Helpful
Exhibitors

Healthy
Snacks

Door Prizes
and Drawings

Wednesday, June 18

Peace In Christ Lutheran Church, 5007 Maple Grove Road, Hermantown

9:00 to 1:30,

Workshops beginning at 10:00

healthyagingmatters.info

