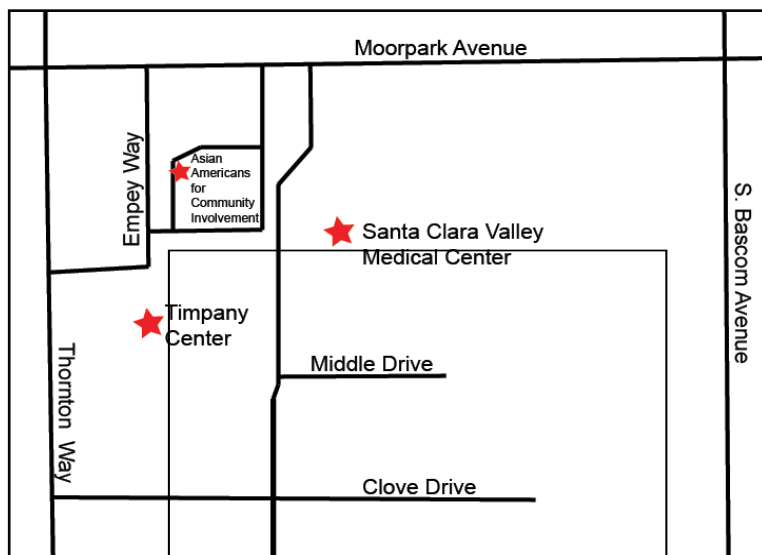


SENIOR WELLNESS FAIR

AT THE TIMPANY CENTER
730 EMPEY WAY, SAN JOSE, CA 95128

THURSDAY, OCTOBER 23rd

9AM – 12:30 PM



*Free parking on/near site. Assistance Available.

FREE to the public

Build a **healthier** lifestyle and
improve your wellness!

Join us and receive **FREE**
information and screenings.



HEALTH SCREENINGS, EDUCATION AND DEMOS

Flu Shots 9:00 a.m. to 12 p.m.
Blood Pressure Screening
Nutrition Screening & Advice
Balance Screening & Fall Prevention
Physical Activity Demonstrations
Mood & Wellness Screening

COMMUNITY RESOURCE INFORMATION:

Housing, Legal,
Home Care, Transportation,
Health Care, Mental Health,
and Nutrition

For more Information contact the Department of Adult & Aging Services at: 408-755-7600

Email at: seniorwellnessfair@ssa.sccgov.org

Visit us at: <http://www.sccgov.org/sites/ssa/Pages/seniorwellnessfair.aspx>



TIMPANY CENTER

CHAMP
CENTER FOR HEALTHY AGING IN MULTICULTURAL POPULATIONS


**SAN JOSÉ STATE
UNIVERSITY**