



Come check out a photo gallery by San Jose Mercury News photographers "The Faces of Aging"

# 24TH ANNUAL SENIOR RESOURCE AND WELLNESS FAIR

**Mexican Heritage Plaza**  
**1700 Alum Rock Ave.**  
**San Jose, CA 95116**

**Thursday, September 29, 2016**  
**9:30 a.m. to 12:30 p.m.**

**FREE PARKING ON-SITE**  
 Bus Routes: 22 & 77 (Alum Rock & Story Rd.)



- ◆ Free Flu Shots provided by Walgreens
- ◆ Fitness Demos & Laughter Yoga
- ◆ Health Screenings
- ◆ Legal & Housing Assistance
- ◆ Prizes / Giveaways
- ◆ Falls Prevention
- ◆ Community Resources for Seniors Family Members & Caregivers
- ◆ Veterans Assistance
- ◆ Volunteer Opportunities
- ◆ Health Insurance Information
- ◆ Health Care & Mental Health
- ◆ Interpreters on-site



International Council on Active Aging® challenges society's diminished expectations of aging by showing that, regardless of age or health conditions, adults over 50 can live as fully as possible in all areas of life—physical, social, spiritual, emotional, intellectual, vocational and environmental.

**Friends of Human Relations of Santa Clara County**



Department of Aging and Adult Services

Sponsored by:



CENTER FOR HEALTHY AGING IN MULTICULTURAL POPULATIONS

**SAN JOSE**  
**PARKS, RECREATION & NEIGHBORHOOD SERVICES**



For more information, contact Teiana Johnston @ (408) 975-5720 or [teiana.johnston@ssa.sccgov.org](mailto:teiana.johnston@ssa.sccgov.org)  
<https://www.sccgov.org/sites/ssa/Pages/seniorwellnessfair.aspx>