

## College of Applied Sciences & Arts (SJSU) Blog

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### Senior Wellness Fair attendance doubles from 2011

October 30th, 2013 by Melissa Anderson

More than 650 people attended the Senior Wellness Fair at Timpany Center in San Jose on Oct. 24, including students and vendors. The annual event is put on by San José State University's Center for Healthy Aging and Multicultural Populations and the Santa Clara County's Department of Adult and Aging Services. Attendance increased from more than 300 visitors in 2011 and more than 400 visitors in 2012.



Students from seven San Jose State departments participated in offer screenings or healthy living advice to older adults at the event. Students from the following departments offered information on the following topics:

- Social work – mood and wellness screening
- Communicative disorders – hearing loss and communication tips
- Nursing – blood pressure screening
- Occupational Therapy – falls and balance
- Nutrition, Food Science and Packaging – healthy eating and food insecurity
- Health Science and Recreation – leisure interest screening
- Kinesiology – fall prevention



Sadhna Diwan, a professor of social work in the College of Applied Sciences and Arts and director of CHAMP, said there were also many volunteers from other departments who helped to pull off the half-day event.

"The gym at Timpany looked fabulous and was buzzing with energy," she said via email to many who helped plan the event.

Some of those volunteers included School of Journalism and Mass Communication students who took video footage and photos of the event. In addition to the health screenings, older adults and caretakers were able to visit with 50 exhibitors with information on topics ranging from medical care to legal help to cultural groups.

For more on CHAMP, visit [www.sjsu.edu/champ](http://www.sjsu.edu/champ).