

SENIOR WELLNESS FAIR

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

Saturday, October 24th

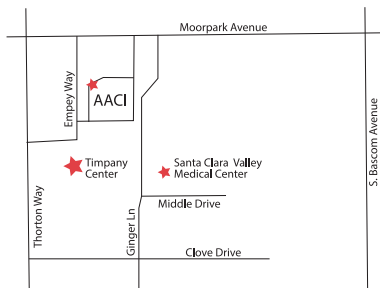
10:00am-2:00pm

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

營造一個優良的生活方式，促進您的身心健康! / 营造一个优良的生活方式，促进您的身心健康!

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

歡迎您成為我們的會員，讓我們為您提供免費的資訊和免費的醫療檢查。



FREE to the public
免費向公眾開放

*Free parking on/near site at AACI and Valley Medical Center.



健康評估, 衛教, 運動示範, 提供健康資訊

Flu Shots (provided by Walgreens)
Diabetes Screenings
Information for Caregivers
Home Care
Nutrition & Meal Planning
Elder Protection
Blood Pressure Screening
Balance Screening & Fall Prevention
Health Care & Mental Health Resources
Legal Rights/Issues

感冒預防針 (尤 Walgreens 提供)
血糖測試
家庭照護者資訊
居家照護
營養與餐飲規劃
老人防護
血壓檢查
平衡測試與預防跌倒資訊
身心評估與資訊
法律諮詢

For more information visit us at: www.sccgov.org/seniorwellnessfair
Or contact (408) 975-5720 / teiana.johnston@ssa.sccgov.org



Department of
Aging and Adult Services

TIMPANY CENTER

CHAMP
CENTER FOR HEALTHY AGING IN MULTICULTURAL POPULATIONS

**SAN JOSÉ STATE
UNIVERSITY**