

East County's Premier **FREE** Senior Health & Wellness Fair

# SPRING into *Healthy Living*

Wednesday March 15, 2017

9:00am - 12:00 noon

## McGrath Family YMCA

12006 Campo Road, Spring Valley 91978

### *Speakers & Safety Information*



Fraud and Scams  
Driver Safety  
Fire Safety

*Plus* Senior Services Providers, Safety Resources, Nature Walk, Opportunity Drawings, Volunteer Opportunities, Health Lifestyle Resources

**FREE Health Screenings**

- > Body Mass Index
- > Blood Pressure
- > Balance
- > Hearing Test
- > Stroke Screening
- > Check Your Mood

**Prescription Drug Box**

for your expired or unwanted medications

**FREE BREAKFAST**  
Provided by Lantern Crest Senior Living  
*Reserve Your Space*  
**1-877-926-8300**  
at the AARP  
Reservation Line

