

"SOAR to Healthy Heights"

9<sup>th</sup> annual national award-winning

# Senior Health Fair

Thursday, May 12<sup>th</sup>
9 a.m. to 1 p.m.
Citrus Heights
Community Center
6300 Fountain Square Drive

**FREE Admission & Parking** 

County Supervisor
Roberta MacGlashan
Honorary Chair

Special Prize for the Oldest Attendee

★ 50+ exhibits dedicated to senior issues and concerns (lots of give-aways)

### Special Events

9:00 - 9:30 am: Chair exercises with Thomas Spencer (dance instructor) FUN!

10:00 - 11 am: Workshop: Fall Prevention & Balance Assessment by specialist Kelly Ward

10:30 - 11:15 am: Workshop: Senior Safety & Crime Prevention by Lt. Jason Russo, CHPD

10:30 - 11:30 am: Workshop: Becoming Dementia Aware and Importance of Caregiving-

By Laura Wayman (see reverse side for details)

12 noon - 1 pm: Presentation: Panel of experts discuss topics related to Caregivers

### \* Screenings

Blood pressure testing by Walgreen's (Dewey/Greenback) & Sac Cnty Health Services Diabetes Screening by Sacramento County Public Health Services, sponsored by SOAR

9 am - 12 noon only: Hearing testing by California Hearing Centers

9 am - 12 noon only: Vision screening, Citrus Heights Lions' Eye Van (in parking lot)

Pharmacist (Walgreen's) and Registered Dietitian available for consultation

Health Walk & Roll 10 a.m (see reverse side for details)



### **Sponsors & Partners**

~ SOAR Neighborhood (Area 10)~

~ Arcade Creek Neighborhood (Area 4)~

~ Area 4 Agency on Aging ~

~ Citrus Heights Lions ~

~ City of Citrus Heights~

~ Northwest Neighborhood (Area 1)~

~ Republic Services ~

~ SMUD ~

~ Sunrise Recreation & Park ~



Information: Dr. Jayna Karpinski-Costa at (916) 599-3647 or vetlaw@drjayna.com

# **HEALTH WALK & ROLL**

Enjoy a fun, leisurely and inspirational walk (or roll) from the CH Community Center to the Stock Ranch Nature Preserve

### (about 1.35 miles round trip)

Staying healthy is our goal
Some people walk and some will stroll
Despite some minor aches and pains
Exercise brings big gains
Aren't you happy you decided to come
Instead of sitting in front of the TV numb
Staying active is the key
To what is known as longevity
(Inspirations by Linda Byrd)



## Participants receive a "goodie bag" provided by SAS shoes.



"Walking gets the feet moving, the blood moving, the mind moving.

And movement is life". ~Terri Guillemets

#### **SPECIAL WORKSHOP**

10:30 a.m.

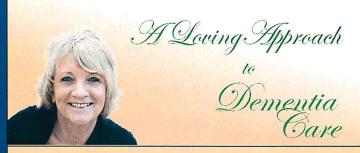
### **LAURA WAYMAN**

#### THE DEMENTIA WHISPERER

World-recognized dementia expert, author, lecturer, caregiver trainer

Workshop topic: Becoming Dementia Aware and Importance of Caregiving

She will also participate in our panel discussion at noon.



Ms. Wayman, the Dementia Whisperer has authored this best-selling book written just for caregivers and offers a professionally produced educational DVD to help those dealing with dementia gain indispensable caregiving skills and practical advice.

Her book and DVD will be available for sale at 1:00 pm at the sign-in table.

http://www.laurawayman.com/index.html