



**“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](mailto: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.**

**SAS SHOE STORE**  
Regency Plaza  
7247 Greenback Lane  
Citrus Heights, CA 95621  
Mon. - Sat. 10-6, Sun. 12-5  
916-722-7481

Gift Certificates Available

To Reno  
To Sacramento  
To Yuba City  
To San Francisco  
To San Jose  
To San Diego  
To Los Angeles  
To Phoenix  
To Dallas  
To Houston  
To New York  
To Chicago  
To Atlanta  
To Miami  
To San Antonio  
To Austin  
To Fort Worth  
To Denver  
To Salt Lake City  
To Las Vegas  
To Seattle  
To Portland  
To San Diego  
To Los Angeles  
To Phoenix  
To Dallas  
To Houston  
To New York  
To Chicago  
To Atlanta  
To Miami  
To San Antonio  
To Austin  
To Fort Worth  
To Denver  
To Salt Lake City  
To Las Vegas  
To Seattle  
To Portland

*"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.



## *A Loving Approach to Dementia Care*

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>