

Community Senior Adult Health and Resource Fair

First Presbyterian Church, Lakeland
March 8 • Noon - 3 p.m. • All are welcome!

More than 50 Vendors!

Free Amplified Phones to
qualified Florida residents

Invaluable information & resources!

Alzheimer's Association Memory Mobile
on site
Healthy Living for Your
Brain & Body Program at 1 & 2 p.m.

Free health screenings,
chair massages & door prizes



You are also invited to begin the day at 10 a.m. with a forum in Room A featuring:

- Barbara Cage from Catholic Charities discussing the **Lakeland Activity Center for Seniors**
- Dr. Rosemarie Lamm with the Rath Connexions Center speaking about the **Senior Scholars** program
- Robin Wickman with **Polk Senior Games** speaking on the games
- Michelle Shiver from **RSVP Polk** (Retired Senior Volunteer Program) speaking about their program

There will be a luncheon at 11:30 a.m. (\$7 per person - RSVP to 863.686.7187 or oam@fpclakeland.org for lunch by March 6) with the Health Fair following in Loudon Hall from noon to 3 p.m. Reservations are not required for the forum or the Health Fair, only for the luncheon.

Active senior adults won't want to miss this!

