



Community Senior Adult Health and Resource Fair

March 13 | Noon - 3 pm | All are welcome!

MORE THAN 50 EXHIBITORS!

Hearing mobile
No cost captioned phones
to those who qualify
Invaluable information
& resources

Free health & wellness screenings,
including balance, blood pressure,
blood sugar, and BMI

Free chair massages
& door prizes

IN ADDITION - JOIN US AT 10:00 AM

You are also invited to begin the day at 10 am at
our Spirit of Service meeting in Room A.

“Empower Yourself and Your Loved Ones to Age with Confidence, Dignity, and the Resources You Need”

Enjoy this presentation by a local resource group on aging.
Together, they are here to support your journey! You will learn about:

- Brain Health and Alzheimer’s Support
- Resources on Medicare and Medicaid
- Housing Options for Aging
- Local Resources on Aging
- The difference Between Home Care and Hospice Benefits

There is an optional lunch at 11:30 am for \$12 per person. (RSVP to 863-686-7187 or oam@fpclakeland.org by March 8 for lunch.) Reservations are only needed for the lunch, not the program or Health & Resource Fair.



FIRST
PRESBYTERIAN
CHURCH



175 Lake Hollingsworth Dr. Lakeland, 33801 | fpclakeland.org