



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

10 ANNUAL SENIOR HEALTH FAIR!

Senior Health Fair 10 a.m. – 2 p.m.
Wednesday, May 17, 2017
4300 Springdale Road, Cincinnati, OH 45251

Come Together on May 17 at the Colerain Senior Center located at 4300 Springdale Road, Cincinnati, OH 45251 from 10 a.m. until 2 p.m. for our 10th Annual Senior Health Fair. The Senior Health Fair includes 40+ interactive vendors, health screenings, door prizes, free brown bag lunch to the first 200 attendees, tour of our facility, two walk-in educational seminars and one exercise demonstration. The event is free and open to the community. No registration required.

Mt. Healthy Christian Village, "Nutrition and Healthy Eating Habits"
provided by Sheryl Baumann, RDN, LD "from 11 a.m. – 11:45 a.m.

SilverSneaker Classic Land Exercise Demonstration 12 p.m. until 12:45 p.m.

Ascent Audiology and Hearing, "How Hearing Loss is Related to Dementia"
provided by Dr. Amy Holland from 1 p.m. - 1:45 p.m.

For More Information

Call Nora A. Dashley, Program Director-Seniors
at (513) 923-4466, email ndashley@MyY.org
or visit the website MyY.org. or Colerain.org
Like us on Facebook Colerain Senior Center-Forever Young



SPONSORED BY:



Save The Date:

2nd Annual Sock Hop Dance held on
Friday, June 16 from 6 p.m.-9 p.m.

