

The Senior Action Network Presents



Living Well, Living Long

Renewing your potential
A Health and Wellness Expo

**Friday, September 26th from
8:30am - 3:30pm**

**at the
Westwood Baptist Church
333 Kaiser Rd NW
On Olympia's Westside**

FREE to the Public

Keeping your Brain Healthy, your Body Active and your Spirit Light
Continental Breakfast & Light Lunch Will Be Provided

SESSIONS INCLUDE:

- Brain Health
- Use It or Lose It
- Sparking Your Creativity
- Don't Fall for It
- Information & Referral
- Lighten Up, Have Fun!

Break out sessions such as:
Fall Prevention, Nordic Walking,
Zumba, Line Dancing,
Yoga, Tai Chi etc.



Space is Limited

**Reservations
Requested**

**Please call
Senior Services
for South Sound
360-586-6181**

**Or Download registration form
at our website
Senior-Action.net**

We hope to see you there!

Thank you to our sponsors:

Gold: Garden Courte and Ascent Audiology & Hearing

Silver: LMT Area Agency on Aging, Synergy Home Care,
Capital Place, Assured Home Health & Hospice, Home Instead

Bronze: Evergreen Nursing & Rehabilitation, Olympics West,
Foot & Ankle Surgical, Olympia Manor, Puget Sound Healthcare,
Mother Joseph & Providence Home Health & Hospice

