



**FOUR  
SEASONS  
OF HEALTH**

# FOUR SEASONS OF HEALTH EXPO

Health - Nutrition - Physical Activity - Lifelong Learning

**Friday, June 5, 2015 9:00 AM to 1:00 PM**

**Fremont Senior Center in Central Park (Lake Elizabeth)**

**40086 Paseo Padre Parkway, Fremont**

**(Served by AC Transit Lines 239 and 215)**



**Explore and learn about healthy aging resources**

**Health Care Services**

**U.S. Veteran Services**

**Transportation Services**

**Local, State, & Federal Agencies**

**Non-Profit Service Organizations**

**Businesses serving Adults and Veterans**

**Engage in Wellness and Active Living Activities  
for Adults 50(+) years and U.S. Veterans**

## **FEATURED EVENTS**

**Health & Dental Screens • Pharmacist Consultations  
Transportation Services and Clipper Card Distribution**

**U.S. MIA/POW Ceremony**

**Health Insurance Counseling**

**Breakfast and lunch may be purchased from the Fremont Senior Center: Call (510) 790-6600  
Overflow parking and shuttle service to the Expo is available from the  
Waterpark parking lot**

**For more information email [FourSeasonsExpo@comcast.net](mailto:FourSeasonsExpo@comcast.net)  
Contact Linette Young (510) 917-3241 or Raymond Grimm, Ph.D. (510) 574-2063**

Four Seasons of Health is a program of Pathways to Positive Aging, a partnership between  
City of Fremont Human Services Department and members of the Tri-City Elder Coalition

