

A Collaborative
Senior Health Project



**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

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

