

Senior Health & Wellness Fair

Friday, June 16, 2017

9:00 — 11:00 a.m.

Lanakila Multi-Purpose Senior Center

1640 Lanakila Avenue

Join us for fun & educational activities at this **FREE** event!

Balance Exercises and Tests—Blood Pressure Testing—Bontemae Tea
Ceremony Dancing—Delicious and Healthy Meals—Fall Prevention Exercises
Farmer's Market—Fresh produce for Sale—Financial Check Up— Yoga activity
Fraud Prevention —Flower Therapy—Garden Box Building—Hearing Testing
Low Impact Aerobics Massage—Medicare Rolling Ball Game—Medication Counseling
(Bring your prescriptions)—Nature Farming—Nutrition—Star Tracing (cognitive activity)
Strengthening Exercises—Stretching—Vision Testing—Workshop on how to Control
Diabetes, Chronic Pain, Weight, and Cancer Naturally

And more!

Thanks to the following participating organizations!

AARP Hawaii
Audibel Hearing Center
Aloha Care
Bright Smiles Hawaii
Caption Call
Chinatown Lions Club
DCCA, Office of Securities Commis-
sioner
DOH, Injury Prevention Branch &
West Honolulu PHN
C&C Dept. of Transportation Services
Ekahi Ornish Lifestyle Medicine
Financial Benefits Insurance

First Hawaiian Bank
Hawaii Academy of Nutrition and
Dietetics (HAND)
Hawaii Family Caregiver Coalition
Hawaii Inst. of Integrative Health d.b.a.
Hawaii Health Fdn.
Hawaii Medical Service Assn.
Hawaii Neurotrauma Registry
Honolulu Fire Dept.
Humana
Kalihi-Palama Health Center
Kuakini Health System

Lanakila Elementary School
Maluhia Hospital
Mental Health America of Honolulu
Mokichi Okada Assn. (MOA) Hawaii
Mountain-Pacific Quality Health Fdn.
Natl. Disaster Preparedness Training Ctr.
(NDPTC)
Ohana Health
Pharmacare Hawaii
Project VISION Hawaii
Rehabilitation Hospital of the Pacific
Roosevelt Leo Club
St. Francis Health Systems

For more info, call

847-1322

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