



**you are INVITED!**

**SATURDAY  
OCTOBER 17, 2015**

**8:30 am - 11:30 am**

**PARK AVENUE COMMUNITY CENTER  
Home of Escondido Senior Center  
210 Park Avenue Escondido 92025**

9TH ANNUAL  
**Escondido Community  
Wellness Expo**

*Bringing vital information & resources to older adults and their families.*

**FREE!**

- **ADMISSION & EASY PARKING**
- **CONTINENTAL BREAKFAST**  
8:30AM - 9:30AM
- **30+ RESOURCE EXHIBITORS**
- **WELLNESS ACTIVITIES**
- **PRIZE DRAWINGS**
- **HEALTH SCREENINGS**

**Body Composition**

**Blood Pressure**

**One-on-One Pharmacist Consultations**

*Bring your medications with you!*

**Ask the Registered Dietician/  
Nutritionist/Diabetes Educator**

*from Arch Health Partners/Palomar Health*

**Hearing Health**

*by Professional Hearing Associates*

**More to come....**

**Community Resource Exhibitors Include:**

- |                                    |                                       |
|------------------------------------|---------------------------------------|
| <b>Assisted Living Communities</b> | <b>SDG&amp;E</b>                      |
| <b>Hospice Resources</b>           | <b>Senior Support Services</b>        |
| <b>Fitness &amp; Nutrition</b>     | <b>Social Security Administration</b> |
| <b>Health Insurance Resources</b>  | <b>Veteran Services</b>               |
|                                    | <b>....many, many more</b>            |



**Palomar Health  
Flu Shots**  
Available  
Seniors bring your red, white, & blue  
Medicare card

**Wellness Activities Include:**

- **"Pot a Plant" to take home**
- **Pet and visit an animal from Helen Woodward Animal Center!**
- **Senior Portraits**
- **Chair Massage**

Event Brought To You By:



**For more information call 760-839-4688**