



# Seniors Matter

## Celebrating the Spirit of East County Seniors

*Senior Walk Hosted by Antioch Councilwoman Lori Ogorchock*

LIVE WELL, AGE ACTIVELY

Friday, November 3 | Registration Begins at 8am | Walk 9-11am

Calling “Baby-Boomers & Savvy Seniors”.

1st Annual Senior Walk to kick off Alzheimer’s Awareness Month.

Learn about health resources | Resource Booths

Meet local senior service organizations | Get connected in your community

*To register for additional information, please call 925-754-5230*

The first 100 registered mall walkers will receive pedometers.

SPONSORED BY



Meals on Wheels and  
Senior Outreach Services



An Elderly Wish Foundation  
a non-profit organization

*“Making Final Wishes Come True”*



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