



Penobscot Shores

Life with a view

Senior Health Fair

Thursday, May 11 from 11:00 a.m. to 2:00 p.m.

Participants include:

- AARP
- Aging Well in Waldo County
- Alzheimer's Association
- Ayurveda Yoga Center
- Belfast Drug Company
- Belfast EMT
- Belfast Senior Center
- Belfast Senior College
- Coastal Med Tech
- Hearing Solutions
- Hospice Volunteers of Waldo County
- Jacquie Lacoste (Reflexology)
- Maine Council on Aging
- Maine Interactive Chiropractic
- MaineHealth Care at Home
- Northern Lights Acadia Hospital
- Novi Acupuncture
- Senior Planning Center
- Sheriff's Department Drug Take Back Program
- Spectrum Generations
- The Healing Garden
- Waldo County Action Partners
- Waldo County TRIAD
- Waldo County YMCA
- Walgreens

Free health screenings will include:

- Blood pressure
- Blood sugar testing

Waldo County General Hospital Departments

- Audiology
- Cardiac Rehabilitation Services
- Community Health & Wellness
- Diabetes & Nutrition Services
- MaineHealth Care at Home
- Palliative Care Services
- Population Health/Belfast Public Health Nursing
- Rehabilitation Services
- Waldo County Medical Partners – Orthopedics & Sports Medicine

Sign up for the Door Prize Health & Wellness Basket