

# RICHMOND NORTH CHAPTER #5356 OF AARP, INC.

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## Nineteenth Health and Wellness Fair

Thursday, October 16, 2025  
10:00 A.M. to 2:00 P.M.  
Doors open at 9:30 A.M. for Registration

**Theme: Living Your Best with Less Stress**

Fifth Baptist Church Family Life Center  
1415 W Cary Street ~ Richmond, Virginia 23220  
(Parking available in the parking lot)

### REGISTRATION FORM

Please use this form to submit names of those who wish to attend the Health and Wellness Fair. A **\$15.00** per person fee is required to cover a box lunch. Purchase of a lunch is not required to attend. A box lunch consists of a choice of a Chicken Salad, Turkey, Ham on a bun or Vegetarian Wrap, potato salad, slice lemon pound cake, fruit cup, drink and condiments. When you register, please write in the box below if you would like a Chicken Salad (C), Turkey (T), Ham (H) or Vegetarian Wrap (V) lunch. Please make check or money order payable to Richmond North Chapter #5356 of AARP, Inc. and mail the enclosed form and fee to the attention of **Janet Anderson, c/o Health Fair Committee, 8711 Cardiff Road, North Chesterfield, VA 23236. DUE DATE: Friday, September 26, 2025.** There will be a \$36.00 return check charge for all returned checks. For additional information, please call 804-839-2575.

**Flu Immunization information:** Instructive Visiting Nurses Association (IVNA) will be providing flu immunizations. A nurse will administer two types of vaccines, **Quadrivalent** and **High-Dose**. You will need to present your photo ID and insurance card to received immunization. The vaccines are free. Also, when you register, please put a check mark in the flu shot box if you are taking the shot.

### ***PLEASE PRINT***

<b><i>Name</i></b>	<b><i>Lunch C, T, H or V</i></b>	<b><i>Flu</i></b>	<b><i>Name</i></b>	<b><i>Lunch C, T, H or V</i></b>	<b><i>Flu</i></b>
<b><i>1</i></b>			<b><i>4</i></b>		
<b><i>2</i></b>			<b><i>5</i></b>		
<b><i>3</i></b>			<b><i>6</i></b>		