

COME TO THE FAIR !

Eastham Senior Center Presents Our

Health, Wellness & Safety Fair 2023



We are very excited to announce our upcoming Health Fair!

When: Friday May 12, 2023

Time: 11AM – 2PM

Where: The Eastham Senior Center

We feel this will be both an educational as well as fun experience for all whom attend!

Features include:

- **Health Screenings**
- **Meet your local Police & Firefighters**
- **Handy “gadgets” and medical equipment. See how they work.**
- **Caregiver Agencies and other Health Care Professionals**
- **You are cordially invited to free lunch and perhaps your name will be drawn for a door prize as well!**
- **Demonstrations of exercises, Yoga, HIIT and more!**