

# Older Adult Health Fair

Friday, May 20, 2016

8:30 am to 12:00 pm

Joslyn Community Center  
1601 Valley Drive, Manhattan Beach, CA 90266

*Sponsored by:*



**FREE**  
**SCREENINGS OFFERED:**

*"Ask the Care Manager"*

Anemia

Blood Pressure

Bone Density

Chiropractic

Cholesterol

Glucose

Hearing

Low Vision Consultation

Lung Capacity

Oral Cancer Check

Pharmacy Review

Tai Chi Demonstration

Vision

Yoga Demonstration

Doppler Test  
(stroke screening)

**\$20**

by appointment only.  
(310) 802-6177

- Lunch at Noon
- Lunchtime entertainment by, Richard Bates
- Bingo and door prizes from 12:30 to 1:30 PM
- Parking is available on Valley Drive and at the post office parking lot along the corner of Valley Drive and 15th Street. Guests may also park at American Martyrs Church parking lot (off of Laurel Ave.) and take the Dial-A-Ride shuttle to and from the health fair.
- Transportation for residents of Manhattan Beach provided by Dial-A-Ride: (310) 545-3500
- For more information, please contact the Parks and Recreation Department: (310) 802-5448
- Please bring used eyeglasses and sunglasses to the Joslyn Center lobby desk. They will be repaired and recycled and given to someone who needs them.

**VOLUNTEER ASSISTANCE PROVIDED BY:**



**OlderAdults  
Program**  
CITY OF MANHATTAN BEACH

**Dial  
A  
Ride**

[www.sbfhc.org](http://www.sbfhc.org)

[www.citymb.info](http://www.citymb.info)