

ACTIVE AGING WEEK—OCTOBER 5TH THROUGH 9TH

Welcome to our 10th annual health fair, put on in conjunction with the Veterans Memorial Senior Center. This will be our first VIRTUAL fair, primarily using Zoom and YouTube.

We have some exciting presentations in the works, such as:

Kaiser Pharmacists presenting on Vitamins, Herbs, and Minerals.

Stretching with Bands--Scott Lohmann

Exercises for the Bed or Floor—Scott Lohmann

Introduction to A New Vista (Upgreyd)

Fall Prevention

How to Use Zoom and YouTube

Breathwork and Meditation—Mal Godha

Laughter Yoga—Raj Jindia

Master Gardener Presentation

Short Story by Bruce Utecht

Easy to Prepare Meal--Gavin

Pets in Need

Please continue to check back every week on this website, as we are still firming up the schedule. When the classes are confirmed, we will ask you to send us an email to register, and then we will send you the links to access those classes. The first 125 registered will also get a FREE t-shirt! Details on all of this will be forthcoming.

Looking forward to a fun week!