



A family
of services.
A family
that serves.

Senior Health Fair



HELPING YOU STAY HEALTHY AND ACTIVE! Fifth Annual Senior Health Fair

Thursday May 26th

10:00 am – 1:00 pm

330 North Fairfax Ave., Los Angeles, CA 90036

- Avi Amit from Olympia Medical will be speaking about Gaining Tools for Fall Prevention
- L.A. Department of Aging's Dr. Anat Louis will teach you the Warning Signs of Strokes
- Learn about "5 Wishes" a living will with heart and soul
- Blood pressure, diabetes and cholesterol screenings
- Speak to a professional about medication management
- Learn about services for individuals with age related visual impairments

**Sign up at the Freda Mohr reception desk by Friday, May 20, 2016
or call 323-937-5900 to make a reservation.**

Lunch will be provided at 1:00pm by the Hirsh Family Café for a suggested donation of \$2.25.
You must be signed up to receive a lunch on the day of the event.

Sponsored by:



**Sheila Kuehl,
Los Angeles County Supervisor,
District 3**
**Paul Koretz,
Los Angeles City Council,
5th Council District**