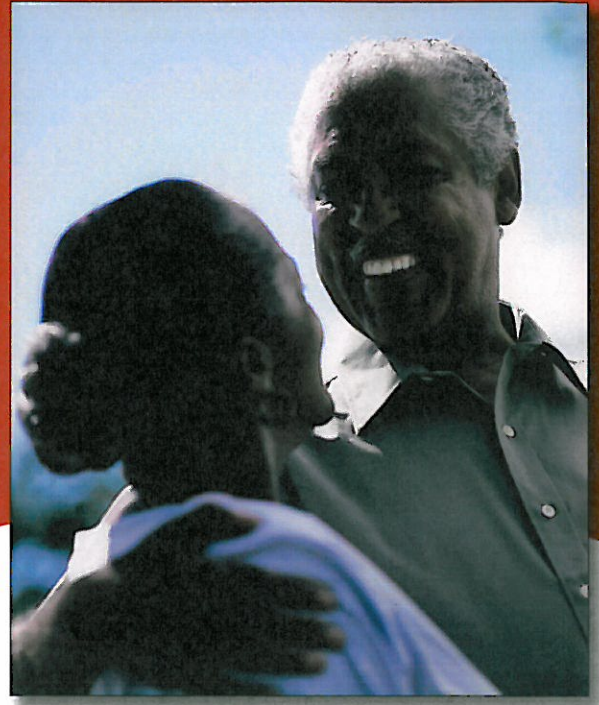


Sponsored by Maranatha Health and Wellness Committee

"Your Health and Fitness Report Card"

A workshop for older adults



Keynote Speaker

County Executive Dr. Jeff Smith

"Senior Health Care Now and In the Future"

DATE September 18th 9 am -12:30 pm

WHERE Maranatha Christian Center
1811 South 7th Street
San Jose CA 95112

WHEN Registration 8:15 am - 8:45 am

Program 9 am - 12:30 pm

Free Continental Breakfast

- This workshop is appropriate for older adults or any one wanting to get information and resources for senior health and fitness.
- Mini workshops and exhibits
- Doctors to discuss some of the most common senior ailments
- Free health screenings: dental, eye, fall risk, and others

Please register by phone 408-280-7729 or fax 408- 280-5029