

Please join us at the Verde Valley Senior Center

For a complimentary

Health & Wellness Fair

500 E. Cherry St., Cottonwood

Friday, June 28, 2013

From 10:00 a.m. – 3:00 p.m.

We are Offering *Free* Screenings and Information on Healthy Living and an Opportunity to Experience Good Nutrition.

Luncheon will be served from 12:00 p.m. – 1:30 p.m.
Reservations are required no later than June 26th, 2013.
(928) 634-5450

Visit any of the participating vendors prior to the event to receive a free luncheon voucher. Must be over age 60.

Accent Care – *Non-Medical In-Home Care, V.A. Benefits & LTC Insurance*
All-Med Equipment & Services – *Equipment Demonstration and Information*
Angels Care Home Health - *In-Home Medical Care & Information on a variety of services*
Hospice of the Pines – *Information on End of Life Issues*
Mountain Valley Rehab – *Parkinson's Disease Information*
N.A.C.O.G Area Agency on Aging- *Chronic Disease – Self Management, Ombudsman info.*
North Country Health Care – *Information on RESEP & Screening for Downwinder's*
Northern Arizona Healthcare – *HDL & LDL Cholesterol & Blood Glucose Checks*
Southwestern Eye Center- *Glaucoma & Macular Degeneration Tests*
Verde Mobile Hearing Solutions – *Video Otoscope & Hearing Aid Cleaning*
Verde Valley Caregivers Coalition – *Volunteers Helping Neighbors in Need*
Verde Valley Community Hospice – *Information on End of Life Issues*
Verde Valley Guidance Clinic – *Information on Mental Health, Suicide Prevention & Counseling*
Verde Valley Medical Center – *Senior Lifestyles and Information on Alzheimer's Disease*
Westcott Funeral Home – *Information on Pre-Planning your Final Arrangements*

Health Experts

"Give-aways"

Door Prizes



Presented by the Verde Valley Senior Center



Sponsored by N.A.C.O.G. Area Agency on Aging



Partner, City of Cottonwood

Learn about the wide variety of activities, transportation and nutrition services available at the Verde Valley Senior Center to enhance your quality of life!