



Thursday, October 5th • 12:30pm ~ 4:00pm
Bethlehem Lutheran Church • 1620 NE Milwaukee Ave
FREE ADMISSION

A *free* informative health fair for those looking for resources, programs, and services provided in the area

- ◊ Screenings & testing available on site
- ◊ Free refreshments & door prizes
- ◊ Flu shots available ~ bring your Medicare card

Featured expert speakers discussing:
Mental Health & Art Therapy • Living a Healthy Lifestyle
Caregiving • Technology • and more!

Volunteers on hand to help with tech issues ~ bring your smartphone, tablet or e-reader

For more information, contact Julie at 225-2550

FREE Respite Care Available

Bethesda Adult Day Health Center • 1403 15th Ave SE

Call 225-7602 to pre-register by September 28th