

## **FOR IMMEDIATE RELEASE:**

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## Wellness in the Park - Health Fair

## Sierra Madre, CA. – September 4, 2013

Wellness in the Park brings together health and wellness related organizations, speakers and screenings to the Sierra Madre Community, specifically seniors. Hosted by the City of Sierra Madre Community Services Department and Senior Community Commission, the event takes place on Saturday, September 21st from 9am to 12pm at Memorial Park, 222 W. Sierra Madre Blvd. Kiwanis is also hosting a Pancake Breakfast from 7am to 11am and breakfast is only \$5.00.

The event featured three informative seminars (held at the Hart Park House Senior Center):

9:15am-10:15am - Kaiser Permanente, Topic: Exercise and Fall Prevention

10:30am-11:15am - Methodist Hospital, Topic: Living Well in the Golden Years (nutrition)

11:30am-12:00pm - Walgreens, Topic: Preventing Drug Interactions

## Free health screenings will also be provided:

- Flu shots provided by Walgreens (primary insurance needs to be Medicare, otherwise \$25.00)
- Hearing provided by the Hear Center
- Blood Pressure provided by Methodist Hospital.

The following health and wellness vendors will be participating: Walgreens, Hear Center, AARP, Day One, The Salt Studio, Methodist Hospital, On The Move Physical Therapy, Assemblymember Chris Holden, Yoon Min Acupuncture and Herbs, Pasadena Humane Society & SPCA, Southern California Alcoholics Anonymous, LA County Department of Health Services, Home Care Providers, Earthquake Solutions, Foothill Family Service, Zaaz Whole Body Vibration, Sierra Madre Woman's Club, Metro: On the Move Rider's Club, and more.

For more information about this event please contact the Senior Center at 626.355.7394.

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