

A Collaborative
Senior Health Project



**FOUR
SEASONS
OF HEALTH**

FOUR SEASONS OF HEALTH EXPO

In An Age-Friendly Community

Friday, May 12, 2017 • 9:00 AM to 1:00 PM

**Fremont Senior Center in Central Park (Lake Elizabeth)
40086 Paseo Padre Parkway, Fremont**

FOR EVERYONE

Adults 50+, U.S. Veterans, Families and Caregivers

EXHIBITORS REPRESENTING WORLD HEALTH ORGANIZATION DOMAINS OF

Health and Wellness

Transportation Services

Housing

Dementia-Related
Support

Outdoor Spaces
and Parks

Community Resources
and Information

Volunteering and
Civic Engagement

Employment and
Learning Opportunities

Social Participation
and Inclusion



FEATURED

- Health & Dental Screens
- Advance Directives
- Local, State & Federal Agencies
- Businesses Serving Seniors
- Medi-Cal, Medicare & Insurance Counseling
- U.S. Veteran Services
- U.S. MIA/POW Remembrance Ceremony

For more information email FourSeasonsExpo@comcast.net
Contact Linette Young (510) 917-3241 or Raymond Grimm, Ph.D. (510) 574-2063

The Senior Center is served by AC Transit Lines 239 and 215
Overflow parking and shuttle service to the Expo is available at
the Teen Center and Waterpark parking lots.

Food will be available for purchase at the Fremont Senior Center—Call (510) 790-6600



Four Seasons of Health is a program of Pathways to Positive Aging, a partnership between City of Fremont Human Services Department and members of the Tri-City Elder Coalition

