

# AGE WELL EXPO

Free Admission for Everyone

**Friday, Oct. 18**

**10 a.m. to 3 p.m.**

**Chisago Lakes High School**



**CHISAGO  
AGE WELL**

CARING · COMMUNITY · CONNECTION

**Performing Arts Center Entrance - 29400 Olinda Trail, Lindstrom, MN**

**HEALTH SCREENING - FOOD - ENTERTAINMENT - DOOR PRIZES GALORE**

## **Ride FREE to the Expo!**

Call Heartland Express  
651-213-5790  
Mention Age Well Expo

**FLU SHOTS  
by Thrifty White**  
with Medicare/  
insurance card

## **FREE Screenings**

- Blood Pressure
- Balance
- Diabetes
- Memory
- Aging safely  
in your home

## **FREE Health Information**

- Cataract Surgery
- Sleep Solutions
- Memory Care
- Anti-inflammatory Diet
- Advance Directives

## Come to laugh and learn!

Explore dozens of tables and a wealth of resources available to help older adults and their caregivers.

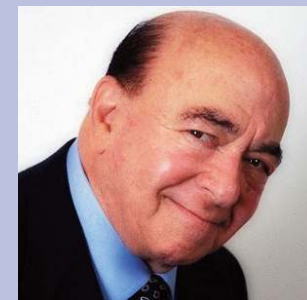
### — Featured Programs —

#### **“Age is Just a Number”**

Speaker Barry ZeVan

11 a.m.

*You're never too old for laughter!*



#### **Dementia and Memory Loss**

1 p.m. Panel discussion followed by time for questions.

Panel members include: a doctor, a patient, a professional caregiver and a spouse.

### — Entertainment —

12:30 p.m.

Hula Demonstration



Edie Julik

10:30 a.m.

Sweet Adeline Quartet



The ReChords

**Hosted by Chisago Age Well and Chisago Lakes Community Education**