

Senior Health & Wellness Day

Live GREEN   

March 10, 2010 ... 8:30 a.m. - 2 p.m.
Cabarrus Arena & Events Center
4751 Old Airport Road at Highway 49, Concord

HEALTH SCREENINGS:

- Bone Density
- Cholesterol & Blood Sugar
(NO fasting required)
- Stroke/Blood Pressure
- Vision
- Hearing
- Fitness & Fall Risk Assessments
- Medication Review (bring your medication for a pharmacist to review)
- Mammogram Van (Call 704-403-1729 for appointment)
- People & Pet Medication Disposal

Provided by

 Home Instead
SENIOR CARE

Operation
Medicine Cabinet
704-788-3399

- Bring these items to recycle:
Eyeglasses -- Phonebooks -- Batteries
Fluorescent Bulbs -- Bottle Caps
Disposable Cameras -- Undeveloped Film

PRESENTED BY



Carolinus Medical Center
NorthEast

&



Cabarrus County Senior Centers

EVENTS of the DAY:

8:30 a.m. - Breakfast
12:00 noon - Lunch

9:30 a.m. - 2:00 p.m. - Exhibitors
Learn about the Local Resources available

Active Living Demonstrations
Learn ways to keep mind & body active
Tai Chi -- Yoga -- Senior Games & More

Live Green Entertainment

COORDINATING AGENCIES:

Cabarrus Co. Department of Aging Advisory Board
Cabarrus County Senior Centers
Cabarrus County Wellness for Life
Cabarrus Health Alliance
Carolinus Medical Center-NorthEast
City of Concord Parks & Recreation Department
NC Cooperative Extension - Cabarrus Branch