Gerontology Institute
John W. McCormack Graduate School of Policy and Global Studies
UMASS BOSTON

TUFTS Health Plan FOUNDATION

And Mayor Menino's Commission on Affairs of the Elderly present:

CELEBRATE YOUR **HEALTH** DAY!

A Health and Wellness Symposium for Seniors

Saturday, **September 21st**, 2013
10:00 AM—3:00 PM
at University of Massachusetts Boston

Workshops:

- ◊ Healthy Cooking Demo
- ◊ Tai Chi
- ◊ Massage
- ◊ Zumba
- ◊ Beauty Demo
- ◊ Still Life Drawing

Nutritious Lunch Provided

All Day Vendor Fair!
Including information on Caregiver Services and Support Groups, Benefits and Assistance Programs, Senior Living Residences, and more!

- ⇒ Blood Pressure, Vision, and Body Mass Index Screenings
- ⇒ Benefits CheckUp
- ⇒ Sign up for SHINE, SNAP, and other benefits
- ⇒ City Hall To Go Truck!

Seminars:

- ♦ Affordable Care Act
- ♦ Fraud/Scam Prevention
- ♦ And other Healthy Aging Topics!

Space is limited. **Advanced registration required** for participation in workshops, lunch, and presentations.
Registration information on the reverse side of the page.
Registration deadline is Thursday, September 12th.

University of Massachusetts Boston complies with all ADA requirements. If you require disability-related accommodations for a University of Massachusetts Boston event you will be attending, please contact the University of Massachusetts Boston Customer Service Center by telephone at 617-287-4000 or by e-mail at customer.service@umb.edu at least two weeks prior to the event so we may provide what you require.

REGISTER NOW! Complete and **mail** this form to the *Elderly Commission, One City Hall Square, Rm 271, Boston, MA 02201*, or **fax** it to 617.635.3213.

You can also register by **phone** at 617.635.4366 or **online** at www.cityofboston.gov/elderly.

Don't forget to register by Thursday, September 12th, 2013!

First Name_____

Last Name_____

Street Address_____

Neighborhood/Zip Code _____

Telephone (_____)_____

Email_____

Language(s) Spoken_____

Workshops: Everyone who registers may attend one workshop. Please indicate your interest in the workshops by numbering them 1-6, with 1 being most interested and 6 being least interested. We cannot guarantee you will receive your first choice; spots will be filled on a first-come, first-served basis.

____Tai Chi ____ Healthy Cooking Demo ____Zumba

____ Massage ____ Still Life Drawing ____ Beauty Demo

For more information on the organizations supporting this event, please visit our websites.

Gerontology Institute: http://www.gerontologyinstitute.umb.edu/

John W. McCormack Graduate School of Policy and Global Studies: http://www.umb.edu/academics/mgs

City of Boston's Elderly Commission: http://www.cityofboston.gov/elderly/

Tufts Health Plan Foundation: http://www.tuftshealthplanfoundation.org/

UMASS BOSTON Gerontology Institute John W. McCormack Graduate School of Policy and Global Studies

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Getting to University of Massachusetts Boston's Campus Center:

(map on the reverse side)

By Bike—A Hubway station is located directly across from the Campus Center. There is also a bike rack to the right of the Campus Center entrance.

MBTA—Take the Red line or Commuter train to the JFK/UMASS stop. From there a free shuttle can transport you directly to the Campus Center. Buses 8 and 16 have stops on the campus, just a short walk from the Campus Center.

By Car—The parking lot nearest to the Campus center is the South Lot. Parking is $6.

Senior Shuttle/Bus—There are limited spots available on Elderly Commission vehicles. Please call 617.635.4366 to check availability if you are interested in this form of transportation.

For more detailed directions visit:

http://www.umb.edu/the_university/getting_here/directions

If you have any questions about getting to campus, parking, transportation, or directions, contact University of Massachusetts Boston's Customer Service Center at 617.287.4000

University of Massachusetts Boston
Campus Map
= Parking lot entrance
= Bus Stop
= Bike Rack
= Hubway (seasonal)
= Crosswalks
= Construction Sites
HarborWalk
JFK Library
Fallon Pier
EMKI
JFK Library Parking Only
P
University Lot D
P
stairs
Calf Pasture Pump Station
University Lot A
P
Massachusetts Archives
Bus Stop
University Lot B (Passes Only)
P
Bus Stop
University Lot C
P
Mt. Vernon Street
UMass Boston Bayside Lot
Clark Lot (Passes Only)
P
EVENT LOCATION
Clark Athletic Center
Bus Stop
Beacons Lot P
Quinn Roadway
Campus Center
Bus Stop
The Ride
Service Building and Lot (Permits Only)
Quinn Administration Building
Science Center
Healey Library
McCormack Hall
Wheatley Hall
Bus Stop
South Lot Students Only
P
Integrated Sciences Complex
Short term Lot
P
Morrissey Boulevard
JFK/UMASS
Bus Stop
BC High
University Drive
HarborWalk
Fox Point Pavilion & Boat Dock
Main Entrance to Campus
Boston Harbor