

## **City of Fremont Offers Day of Wellness and Resources For Adults 50+ and Veterans**

The secret of living a long a flourishing life is good health, exercising both your body and mind, and living in a community that cares. Learn what you can do to enhance your life and become aware of the resources which are available to assist you live a flourishing life by attending City of Fremont Human Services Department and the Tri-City Elder Coalition's fourth annual ***Four Seasons of Health Expo***. The *Health Expo* will take place on **Friday, June 7 from 9:30 a.m. to 1:30 p.m.** at the **Fremont Multi-Service Senior Center**, 40086 Paseo Padre Parkway in Fremont's Central Park.

### **Event Details**

This year, the *Four Seasons of Health Expo* will again offer residents 50 years and older, U.S. Veterans of all ages and their families a day of health screens, health consultations, educational activities and demonstrations. Over 1,000 people and 115 vendors attended last year's *Four Seasons of Health Expo* in Central Park, many commenting how wonderful it was to have an event that offered so many resources, health screens, and other activities.

With changes in health care looming in the very near future, the *Health Expo* will have health counselors available to answer your questions about how changes will impact you. Participants will have the opportunity to meet representatives from health services, social services, government entitlement services, transportation services and an array of not for profit agencies. Vendors from the business community will be on hand to display their latest products and technology designed to promote health and wellness.

### **Meals**

The Fremont Senior Center and their chefs will be offering breakfast at a cost of \$3.00 for Senior Center members and \$3.50 for non-members as well as a healthy lunch at a cost of \$5.00 for Senior Center members and \$7.00 for non-members.

Come out and enjoy a day full of healthy fun, entertainment and learning!

For more information about the event or how to become a vendor, contact Dr. Ray Grimm at [rgrimm@fremont.gov](mailto:rgrimm@fremont.gov) or call (510) 574-2063