

2019 STAUNTON SENIOR HEALTH EXPO

Gypsy Hill Park Gymnasium
Friday April 26, 9am-4pm

Staunton Parks and Recreation's 1st Annual "50 & Better" Senior Health Expo combines complimentary health screenings and informational booths on a broad variety of senior wellness needs.

Attendees at this free, public event can enjoy coffee and refreshments and wind their way through booths specially designed to promote the health and well-being of seniors. Staunton Parks and Recreation supports a strong aging lifestyle and healthy & active opportunities. We encourage our local "50 & Better" population to stay active, stay engaged and never stop becoming a better you!

Screenings and services range from a variety of free medical screens, sight and hearing reviews, nutritional information and a wide variety of health and aging resources all under one roof.

Free Screenings Include:

Free Blood Pressure Check
Free PAD Screening
Free Balance Screen
Free Posture Analysis
Free Health Wellness Screen
Free Memory Screening
Free Hearing Test
Free Hearing Aid Adjustment/Cleaning
Free Cancer Screening Information

Exhibit Information Available:

Senior Living Information
Audio Book Service-Visually Impaired
Elderly Legal Services-Abuse Services
Information on Medicare
Adult Health Day Care
Information on Care Giving Services
Information on 2020 Census & Jobs
Court Appointed Advocates - Foster Care
Health Care Needs

Active Living Information and Demonstrations

Parks and Recreation Senior Trips/Travel
Parks and Recreation Senior Programs
Participate in a short fitness stretching program
Learn about Safety Preparation and Self Defense

