

HEALTHY LIFE CARE HAPPINESS LEISURE SPORT FIT
 EXERCISE RELAXED ACTIVE WELLNESS LIVING
SENIOR HEALTH FAIR
 DIET FITNESS CARE LEISURE HAPPINESS
 SPORT ENERGY CARE


FAIRWOOD
 RETIREMENT VILLAGE & ASSISTED LIVING
 THURSDAY, FEBRUARY 22, 2018
 10:00 AM - 2:00 PM

FREE Workshops for Seniors!


- **FREE HEALTH INFO & GIVEAWAYS** •
- **Over 30 Healthcare Exhibitors** •
- **Free Blood Pressure Checks** •
- **\$125 Gift Basket Drawing** •




WORKSHOP I
 10:10 a.m. - 11:00 a.m.
"Digesting What We Eat"
 Heather Welsh, R.N.
 Interim Health Care of Spokane, Inc.




WORKSHOP III
 12:10 a.m. - 1:00 p.m.
"Stress of Caring and Warning Signs"
 Dawn Larson
 Program Manager
 Interim Health Care of Spokane, Inc.



WORKSHOP II
 11:10 a.m. - Noon
"Knee Arthritis"
Understanding your knee pain and how to relieve it.
 Jared Allred, M.D.
 Orthopedic Surgeon
 MultiCare Rockwood Orthopedics and Sports Medicine



WORKSHOP IV
 1:10 p.m. - 2:00 p.m.
"When to Contact Emergency Services and Support"
 Brandy Tarala
 Business Development
 American Medical Response




Village Garden Mall Administration Bldg
 Entrance One - 312 W. Hastings Rd.
 North Spokane (West off Hwy 395)

509-467-2365