

## Senior Network

# Fall Into Health 2010 Senior Wellness Expo

This is a FREE drop-in event for all area seniors designed to be both fun and educational.

**Wednesday, September 29, 2010**  
**9:00 a.m. – 1:30 p.m.**  
**Solon Community Center**  
**and Solon Senior Center**  
**35000 Portz Parkway, Solon, Ohio 44139**

## You will enjoy:

- Complimentary health screenings
- Information booths and fun giveaways
- Complimentary refreshments
- SOUP OR CHILI COOK-OFF! For \$3 you can sample them all!  
(Includes salad, bread and a beverage)  
From 11:30 a.m. – 1:30 p.m. only
- Door prizes
- Educational presentations on a variety of topics

Reservations are not required. Door prize drawings will be held at regular intervals throughout the event so get there early for the best chance to win exciting prizes.

## Schedule of Activities

**9:00 a.m. – 12:00 p.m. Vendor Booths**

**10:00 – 11:30 a.m. Panel Discussion**

Nutrition, Wellness/Personal Training, Mental Fitness,  
Podiatry and MCA-MCD-Passport

**11:30 a.m. – 1:30 p.m. Stay in Touch with Next Generation**

Social Networking Class/Open Lab/ Tutor Opportunity for E-mail Accounts, etc.

**12:00 – 1:30 p.m. Open Wii Challenge**

**1:00 – 1:30 p.m. Act II Singers**