



Learn about lifestyle changes that can help older adults stay as healthy as possible!

SENIOR SEMINAR: MINI HEALTH EXPO



Join us for a Mini Health Expo that will feature balance assessments from Floridians Fighting Falls and information from other agencies with tips and programs to help seniors stay safe and healthy.

Martin Volunteers representatives will talk briefly about volunteering and the associated health benefits.



WHEN & WHERE

Wednesday, March 16, 2016
1 - 3 p.m.

First United Methodist Church
10100 SE Federal Highway
Hobe Sound, FL

Light refreshments will be served.
RSVP to kstacey@martinvolunteers.org

Need more information?
Call 772-220-4472 or visit MartinVolunteers.org



Martin Volunteers is a program of United Way of Martin County



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