Celebrate Senior Health & Fitness

Join us for a day of health and wellness. Presenters will be available to answer any question and provide take home course materials. In between presentations Streetsboro Senior Activities Coordinator will provide chair stretching and line dancing to those who are interested in a little more activity. In additional to the presenters give-a-way booths will be set up ready to had out materials. For those interested a lunch cookout will be available for \$3.00.

Date: Thursday, May 27, 2021

Time: 10:00am - 1:00pm

Fee: Free

Location: 9307 St. Rt. 43

Reservations are required. To reserve your spot please call the Streetsboro Senior Center at (330) 626-2398.

Presentations Include:

10:00am: Streetsboro Fire Department Presents Residential

Knox Box and Home safety

10:30am: Mindy from University Hospitals

11:00am: Lori from CapTel

11:30am: Greg Mytinger of Streetsboro Parks & Recreation

presents new walking clubs

12:00pm: Dr. Sam Lewis from Lewis Family Chiropractors

12:30pm: Lynn from Hospice

12:45pm: Kim with Medicare



