The Madison Senior Center Presents
Health & Resource Fair

Thursday, September 11
8:30 AM - 12:30 PM

FREE Health Screenings

Hearing & Swallowing
Meriter

Falls Prevention & Strengthening
Meriter

Healthy Bladder Screen
Dean Clinic

Glasses Cleaning & Adjustment
Davis Duehr Dean

Ear Screening & Hearing Aid Cleaning
Zounds Madison

Eye Pressure
Davis Duehr Dean

Blood Glucose
UW School of Nursing

Blood Oxygen
St. Mary's Hospital

Strength & Balance
UW Physical Therapy

Bone Density
UW Osteoporosis Research

Nutrition
UW Medical Foundation

Presentations

9:15 - 9:45 am: Proper Lifting Techniques
Home Health United

10:15 - 10:45am: Recognize Heart Attack & Stroke Symptoms
St. Mary's Hospital

11:00 - 11:30 am: Healthy Living to 100
The Wellness Champions

Karmenta Center — Skilled Nursing & Rehabilitation
Oakwood — Oakwood Lutheran Senior Ministries
St. Mary's GoldenCare®
Oak Park place
Edward Jones®
Advanced Pain Management — we know your pain
Meadowmere Madison — Assisted Living Community — Five Star Senior Living
America's Choice in Homecare. Visiting Angels® Living Assistance Services

Exhibitors

- Capitol Lakes
- Oak Park Place
- Oakwood Village
- Edward Jones: *Karen Wulff*
- St. Mary's GoldenCare
- Karmenta Center
- Meadowmere
- Visiting Angels
- Cress Funeral
- Advanced Pain Management
- Haskins Short LLC
- Zounds Madison
- Mallatt's Pharmacy
- Interim HealthCare
- Chefs for Seniors
- SouthernCare
- Horn & Johnsen SC
- Agrace Hospice
- Saint Jude Hospice
- Van Galder Tour & Travel
- Golden Heart Senior Care
- The Wellness Champions
- MSCR • ADRC
- SAIL • RSVP
- BrightStar Care
- Home Health United
- Alzheimer's & Dementia Alliance
- Safe Communities
- Madison Coalitions of Aging
- WI Senior Medicare Patrol: CWAG

Free Chair Massages!

Courtesy of East West Healing Arts Institute

East-West Healing Arts Institute, Inc. — Body Mind Spirit

Giveaways & Prizes!

Healthy Snacks
Provided by Capitol Centre Market

Madison Senior Center * 330 West Mifflin Street * www.MadisonSeniorCenter.org * 608 266 6581