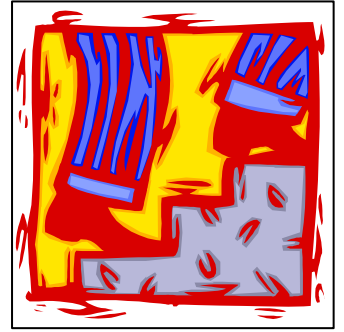


# **Step Up to** **Wellness Day**



**Thursday, July 26<sup>th</sup>, 2007**  
**9:30 AM – 1:30 PM**

**Location: H. & C. Burnside Senior Center**  
**65 Grahl Drive, Coldwater**  
**Ph. 517-279-6565**

**Cost: NO CHARGE**

**If you are 50 or older, come and focus on your health  
and enjoy presentations, exhibits, and demonstrations.  
Also an excellent opportunity for Caregivers!**

## **Presentations:**

- **Early Warning Signs of Alzheimers Disease**
- **Adult Immunizations/Common Adult Infections**
- **Stand Strong for Life –Falls Prevention for Older Adults**
  - **Healthy Food and Fun**

**Other topics include: Diabetes, Massage Therapy, Dance, Fly Tying  
and Sports, Wood Carving, Long Term Care, Caregivers, Respite,  
Home Health Care, Chiropractic Care, Medical Equipment, China  
Painting, Scrapbooking, Jewelry Art and much, much more.**

**●Free Blood Sugar, Blood Pressure, and Diabetes Foot Checks●**

**●DOOR PRIZES●**

**Lunch Provided by Community Action Agency of South Central Michigan**

Sponsored by Branch County Commission on Aging, Community Health Center of Branch County, Southern Michigan Diabetes Outreach Network, Area Agency on Aging IIC, Pines Senior Respite Program, and Community Action Agency of South Central Michigan.

*Funding provided in part through the National Family Caregiver Support Program*