

# 13th Annual Senior Appreciation Day Health & Resource Fair

**FREE EVENT!**

Saturday May 16th

10:00 a.m. - 2:00 p.m.

Pittsburg Senior Center

300 Presidio Lane, Pittsburg, CA 94565

## Health Screenings

Asthma - Blood Pressure - Bone Density  
Dental - Hearing - Memory

## Community Resources

- \* Information & Assistance
- \* Transportation
- \* Health Care
- \* Caregiver Support Groups
- \* Home Care
- \* Legal Services
- \* American Medical Response
- \* Veterans Services
- \* Social Services
- \* Adult Day Care
- \* Pharmacy Services
- \* Immigration Services
- \* Disability Rights
- \* Mental Health

Exercise Demonstrations & Massages!  
Snacks & Refreshments!  
Entertainment, Music & Raffle Prizes!



Supervisor  
Federal D. Glover

Pittsburg Women's  
Community League  
(PWCL)



## Sponsors:



Contra Costa County  
Area Agency on Aging  
A Division of Aging & Adult Services



Assembly member Jim Frazier

