

Alden Debes and Alden Park Strathmoor

are holding a

Health AND **WELLNESS FAIR**



**Thursday,
August 10, 2017
9:00 a.m. - Noon**

Come out and learn how to improve your Health & Wellness

We will offer:

- ✓ Blood Pressure Checks
- ✓ Glucose Testing
- ✓ Nutritional Information
- ✓ Ask a Pharmacist

Learn about:

- ✓ Strength Balance and Reducing Fall Risks
- ✓ Home Health Therapy and Care
- ✓ Private Duty Nursing
- ✓ Hospice Care and Benefits



At the GPAC Senior Center

400 Heart Blvd • Loves Park, IL

For information, call 815-721-0737 or visit www.AldenDebes.com/Fair.