

13th Annual

# Fifty and Better HEALTH FAIR



5257 Sierra St. Riverside | 951-351-8800 | www.JGF4SENIORS.org



**Wednesday | October 2 | 9am – 2pm**



## ALL ABOUT SUCCESSFUL AGING

**Flu Shots**

**Health Screenings**

**Pneumonia Vaccines**

**Cooking Demos & Tastings**

**Wellness Spa**

Haircuts, Manicures, & Massages

**Educational Workshops**

Mindful Eating, The ABCs of CBD,  
Ask the Experts Q&A Session

**Mission Medicine**

Drop off unused/expired prescriptions  
for safe disposal. (No Sharps Please)

**50+ Health Exhibitors  
& Resources**

Thank You to our Partners 4 PRIME



Living Right



Total Wellness



Fifty & Fit

