

SENIOR HEALTH & WELLNESS

EXPO

O'FALLON PARK REC COMPLEX
4343 WEST FLORISSANT AVENUE
SAINT LOUIS, MISSOURI 63115

FRIDAY, APRIL 5 • 8:30 AM - 1:30 PM

Join us for a healthier future

FREE SCREENINGS | 8:30 AM - 12:30 PM

Hearing, Blood Pressure, Cholesterol, Blood Sugar and Body Mass Index (BMI)

MINI-CLASSES | FIRST SESSION AT 9:30 AM

Senior Yoga, Senior Zumba, Dental Bingo, Medicine Cabinet Safety, Personal Safety and more

LIVE COOKING DEMONSTRATION | 11:30 AM

Come watch a live cooking demo and enjoy samples while learning to prepare delicious and healthy meals



KEYNOTE SPEAKER – RENE KNOTT | 12:30 PM

Rene Knott is co-anchor on KSDK's *Today in St. Louis*, and was previously the sports director for *5 On Your Side*.

Attendance and door prizes will be awarded!

For more information about the event, please contact Mary Pryse:

mary.pryse@stl.unitedway.org • (314) 539-4228



Helping people.

