

# SENIOR HEALTH EDUCATION DAY

SATURDAY,  
NOVEMBER

19<sup>TH</sup>



9:00 AM - 1:00 PM

InnovAge LIFE Center  
3232 Henry Ave.  
Philadelphia, PA 19129

A FREE  
COMMUNITY  
EVENT

## Health Education Topics:

- Caregiver Strain/Grief/Estate Planning
- Stroke Awareness & Prevention
- Stress Management
- Healthy Eating

## Featuring:

- Glucose Screening and Blood Pressure Checks
- **FREE** Food
- Tour of InnovAge LIFE Center

*On-site Parking Available*

Sponsored by:

**innovAge**  
Life on Your Terms



**NC** NEWCOURTLAND

**RSVP:**  
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We ask that everyone participating, please wear a mask