

In response to increasing requests for assistance on how to deal with aging issues, the UH Bedford Senior Network invites the residents of the community to the annual Senior Welles Expo. In addition to approximately 50 vendors who offer senior focused services from living/care communities, medical insurance, home care, finances, hospice, safety, health, wellness and more, the first breakout session "Challenges of Aging...How to Talk to Your Loved One" will address the difficult discussions revolving around age related planning and care issues. Later in the morning, hear about the National Senior Games and meet some of the National Senior Games Medalists.

The UH Bedford Senior Wellness Expo also includes complimentary health screenings. Flu shots, which may be covered by insurance, will be available. The Senior Wellness Expo will be held on Tuesday, October 9, 2012 at the Solon Community Center, 35000 Portz Parkway. "Challenges of Aging...How to Talk to Your Loved One" will begin at 8:30 a.m., followed by vendor booths and health screenings from 9:00 a.m. – 11:30 a.m. There is no charge and it is open to the public. Following the Wellness Expo, the UH Bedford Senior Network will hold it's annual Chili Cook-Off. For a \$3 donation, sample chili from the professional chefs of 10 senior focused organizations.

2012 Senior Wellness Expo

Tuesday, October 9 | 8:30 a.m. – 1 p.m.

Solon Community Center and Solon Senior Center
35000 Portz Parkway, Solon, Ohio 44139

You will enjoy:

- Complimentary health screenings
- Information booths and fun giveaways
- Flu shots available *Covered by most insurances, otherwise there will be a fee*
- A chili cook-off! *For \$3, you can sample them all! Includes salad, bread, dessert and beverage*
- Door prizes *Held at regular intervals.*
- Educational presentation given by Home Instead Senior Care
- Guest speaker: National Senior Games and Year of Vitality

Activity schedule:

8:30 – 9 a.m.	Challenges of Aging...How to Talk to Your Loved One
9 – 11:30 a.m.	Information booths
10:30 – 11:30 a.m.	National Senior Games and Year of Vitality featuring National Senior Games Medalists
11:30 a.m. – 12 p.m.	Act II Singers
11:45 a.m. – 1 p.m.	Chili cook-off

Reservations are not required.



University Hospitals
Bedford Medical Center
A Campus of UH Regional Hospitals

Senior Network

