



TOWN OF HAMDEN

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Media Release

For Immediate Release
April 8, 2015

Contact: Betty Wetmore
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“Put a Spring in Your Step” *Senior Health Fair & Symposium*

Hamden - The Senior Care Professional Council will be holding a symposium and health fair titled “Put A Spring in Your Step” on Wednesday, May 13th, 2015 from 9:00 a.m. to 12:00 p.m. at the Thornton Wilder Hall Auditorium, 2901 Dixwell Ave., Hamden. At 11:00 a.m., Margaret Palmieri of the VNA Community Healthcare Physical Therapy team will provide a Sitercise demonstration and a demonstration on how to exercise with assistive devices. Bill Banick will demonstrate Tai Chi.

The symposium showcases services available to older adults. In addition to health exhibits with information, various agencies will be providing services and screenings such as glaucoma testing, blood pressure checks, body fat testing and balance testing. Gift bags with snacks, free giveaways and raffles will be available.

The Senior Care Professional Council is a consortium of agencies serving our elders in Bethany, Hamden and Woodbridge area and represents the continuum of care to these individuals.

All are welcome to attend. Contact Betty Wetmore at 203-376-9677 for more information.

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