



11th Annual

# “Spotlight On Seniors”

## Health & Fitness Expo

### Tuesday, April 27, 2010

8:30am-12:00pm

**FREE!**

### Health Screenings

- Balance Screening
- Blood Pressure
- Blood Sugars
- Glaucoma Screening
- Glucose Testing Meters-Free!
- Grip Strength Testing
- Hearing Tests
- Physical Pain Screening
- Seated Tai Chi Demo
- Spinal Analysis
- Trigger Point Massage

**FREE!** Admission

**FREE!** Breakfast

**FREE!** Coffee

**FREE!** DoorPrizes

**FREE!** Freebies

**FREE!** Lunch

**FREE!** Parking

The SOS Health & Fitness Expo is held at the Kentwood Parks and Recreation Department

355-48th St SE

Kentwood, MI 49548

(between Eastern & Division)

616-656-5270

www.yourkprd.org

beloncisl@ci.kentwood.mi.us



### GOLD Sponsors



### SILVER Sponsors

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Humana Market Point

Life EMS Ambulance

Sentinel Pointe

### BRONZE Sponsors

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### HOSTS

Georgetown Seniors

Kentwood Seniors

70 Vendors!