

Norwalk Senior Center
14040 San Antonio Dr.
Norwalk, CA 90650
(562) 929-5580

"Health Is a State of Body. Wellness is a State of Being."
- J. Stanford

GREEN TEA WEEK



JUNE 19 - 23, 2017

AGES 50 & UP

FREE EVENT

TEA SERVED DAILY

Featuring:

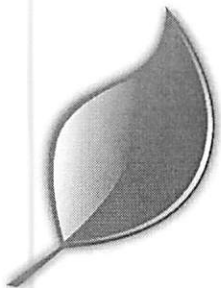
Health & Wellness Seminars

Health Screenings

Fitness & Cooking Demonstrations

Daily Raffles

(See Schedule On the Back)



www.norwalk.org



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HEALTH and WELLNESS EVENT



Saturday, June 24, 2017

9:00 a.m. - 12:00 p.m.

————— FREE EVENT —————

Featuring the Following Screenings:

Raffles

Hearing
Thyroid
Stroke

Bone Density
Blood Pressure
Body Mass Index

Chair Massage
Pharmacy Brown Bag

(Screenings for seniors 50 years and older)

Over 50
Agencies
Participating

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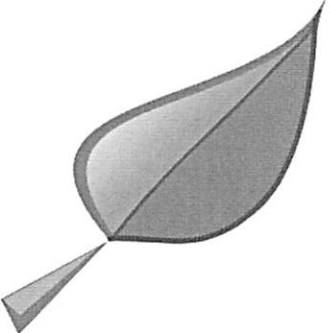
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GREEN TEA WEEK JUNE 19-JUNE 23

Schedule of Events

Join us for a week full of demonstrations and seminars that will fulfill all your areas of wellness. In addition, a different flavor of tea will be offered everyday for you to enjoy. Bring a friend, and enter to win one of our daily raffles!

Monday June 19	Tuesday June 20	Wednesday June 21	Thursday June 22	Friday June 23
<p>Seminar: "Practicing Good Self-Care" 10:00a.m. Presented by: Telecare Inc.</p> 	<p>Seminar: "Living with Diabetes" 10:00 a.m. Screening: Glucose Screen 10:30 a.m. - 1:30 p.m. Presented by: HealthCare Partners</p> <hr/> <p>Seminar: Laughter Yoga 1:00 p.m. Presented by: Independence at Home</p>	<p>Seminar: "Keeping Your Heart Healthy" 10:00 a.m. Presented by: CareMore Medical Group</p> <hr/> <p>Seminar/ Demonstration: "Starting Your Own Garden" 1:00 p.m. - 2:00 p.m. Presented by: Community Gardeners/ Lowe's</p>	<p>Seminar: "Healthy Brain" 10:00 a.m. Presented by: Humana Health</p> <hr/> <p>Demonstration: Senior Fitness 1:00 p.m. - 2:00 p.m. Presented by: Nifty After Fifty</p> <hr/>	<p>Food Demo: Corn & Squash Saute 10:00 a.m. Presented by: Kitchen Divas</p> 

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