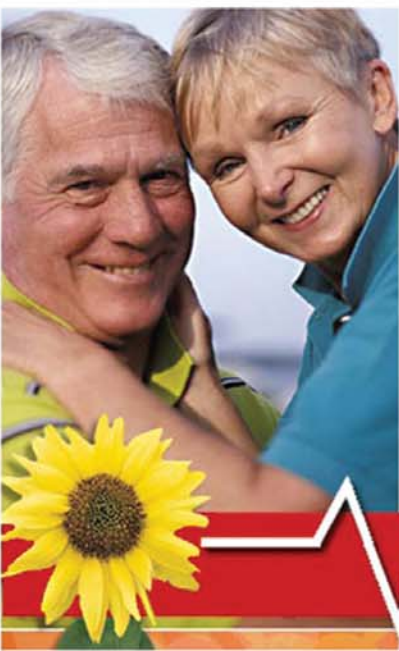


# Senior Health & Wellness Expo

Saturday, March 20  
9:00 am - 4:00 pm

Remingtons Entertainment Complex  
1655 W. Republic Road

hosted by Southwest Missouri Office on Aging



*Age Strong, Live Long*

**Offering seniors and their families  
a closer look at community resources for  
healthy lifestyles, personal care, and independent living.**

- ◆ **FREE** admission
- ◆ Over 60 vendor booths
- ◆ Health screenings
- ◆ Wellness checks
- ◆ Cooking demonstrations
- ◆ Fitness demonstrations
- ◆ Main-stage entertainment
- ◆ Health-related seminars
- ◆ Bingo all day
- ◆ Wii bowling
- ◆ Great location  
with plenty of free parking.



Lunch will be available on-site for a small fee.

For more information on **sponsorships**,  
**vendor booths**, or a **detailed program agenda**,  
contact **Juli Stovall, Program Coordinator**  
862-0762 or [juli@swmoa.com](mailto:juli@swmoa.com)

