

ACTIVE SENIOR FAIR 2017

**SATURDAY
MARCH 11**
10a.m.-3p.m.

Westminster Chapel
13646 NE 24th St
Bellevue

FREE
Convenient Parking
No Registration Required



Supporting Sponsors

Careage Home Health
ElderMove Alliance
Premera Blue Cross
Retirement Connection Guide

Media Sponsors

AM 880
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The Seattle Times

ENTERTAINMENT

10:30-11:30 a.m.

Tips for the Lazy Gardener

by Marianne Binetti, Pacific Northwest horticultural expert and Garden Tour Leader
Sponsored by Covenant Shores Retirement Community

11:45 a.m.-12:45 p.m.

Spring Swing

by Wrinkles of Washington, a song and dance musical revue

1:30-2:30 p.m.

Spring Collection Fashion Show

by J. Jill of the Bellevue Collection, Emceed by KIXI Radio Program Director Dan Murphy

LECTURES

10:15-11 a.m.

Understanding Abdominal Aortic Aneurysm (Triple A)

by Brian Ferris, MD, Lake Washington Vascular Clinic
Sponsored by Family Resource HomeCare

11:15 a.m.-Noon

Aging Successfully

by Kentaro Nishino, MD, Overlake Senior Health Clinic
Sponsored by Careage Home Health

12:15-1 p.m.

Colon Health

by Preetha Ali, MD, Overlake Colon and Rectal Clinic

1:15-2 p.m.

Understanding Stroke

by Jennifer Kurtz, MS, CC-SLP,
Overlake Stroke Program Coordinator

2:15-3 p.m.

Painful Knees

by Jonah Hulst, MD, Overlake orthopedic surgeon

WORKSHOPS

10:30-11:30 a.m.

Exercises to Maintain Balance

by Beth Charvet, MPT, Overlake Rehabilitation Services

11:45 a.m.-1 p.m.

Medications to Avoid as You Age

by Trang Le, RPh, Overlake Senior Health Clinic

1:30-2:30 p.m.

Outsmarting the Con Artists

Washington AARP Fraud Fighter

VENDORS

More than 65 exhibitors showcasing products and services geared toward the active senior.

FREE SCREENINGS

Balance, blood pressure, bone density, cholesterol and glucose (no fasting required), foot, grip strength, lower leg vascular, home safety, posture, stroke risk assessment, vision, voice, and more. **No reservations required; first-come, first-served.**

LUNCH BUFFET

A soup and sandwich buffet luncheon offered for purchase.

For more information, call 425.635.6191 or visit
overlakehospital.org/ActiveSeniorFair



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