



THE HEIGHTS
at Columbia Knoll

SENIORS: HEALTH, WELLNESS, AND SERVICES EXPO

Don't miss all of this useful information!

YOU'RE INVITED TO ENJOY:

- * ***Free Admission***
- * Hors d'oeuvres
- * Drinks
- * Raffles
- * Informative Speakers

Ted's Mobility Checkup:

- * ***Complimentary Inspection***
- * Battery checks
- * Walker adjustment

What:

Resources for Seniors Health, Wellness, and Services.

Where:

The Heights: 8320 NE Sandy Blvd.
Portland, OR 97220

When:

Friday Sept. 15th 9am - 2pm

OPEN TO THE PUBLIC! INVITE YOUR FRIENDS!

Company

- ◆ The Heights Resident Counsel
- ◆ Hollywood Senior Center
- ◆ Multnomah County
- ◆ Costco
- ◆ Cedar Springs Advisors/Providence Health
- ◆ Dignity Memorial
- ◆ Rite Aid Pharmacy
- ◆ Teds Mobility
- ◆ Senior One Source
- ◆ Understanding Medicare
- ◆ OEI
- ◆ Comcast/Xfinity

What information will be covered

- ◇ Our Community
- ◇ Local Senior Community Resources and Support
- ◇ Veteran, Aging and Disability Services
- ◇ Affordable Hearing and Optics Solutions
- ◇ Health Care Specialists and Advisors
- ◇ End Of Life Planning
- ◇ Flu Shot Clinic and Pharmacy Info.
- ◇ Mobility Services and FREE inspections
- ◇ Assisted Living & Memory Care Placement
- ◇ Help Navigating Your Medicare Options
- ◇ Assistive Phones For Hearing Loss
- ◇ Cable, Internet, Phone, Security, Connectivity

OPEN TO THE PUBLIC! INVITE YOUR FRIENDS!

Chris Block 503-203-1094

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