



The Everett Clinic
A DaVita Medical Group

Ameriprise
Financial



HELPING YOU LIVE BETTER



SENIOR HEALTHY LIVING FAIR
Friday, September 22 | Noon-3 pm
MILL CREEK FAMILY YMCA

Join us at the Mill Creek Y for our fourth annual Senior Healthy Living Fair. Meet the experts who can make your life healthier, wealthier, and happier! Learn ways to improve your health and extend your life. Take advantage of health screenings and flu shots. Attend one of the many mini lectures that will be going on throughout the fair. Plus, check out our free fitness assessments. Be sure you don't miss out on this fun-filled event. At the Y, we're helping active older adults in the community live life to its fullest!

- Nutrition & Supplements
- Flu & Pneumonia Shots (bring your insurance card)
- Heart & Kidney Health
- Diabetes Prevention
- Downsizing and De-cluttering
- Senior Education Programs with UW and The Creative Retirement Institute
- Financial and Retirement planning
- Senior scams, identity theft and more
- Handy Man Services
- Central Market will be sampling healthy recipes
- Lions Club will be accepting donations of used eyeglasses
- **And much more...**



FREE COMMUNITY EVENT!

YMCA OF SNOHOMISH COUNTY
Mill Creek Family Branch
13723 Puget Park Drive, Everett, WA 98208
P 425 337 0123 www.ymca-snoco.org/millcreek

BE ACTIVE. BE HEALTHY. BE HAPPY.