

# SPRING Speaking Series

WEDNESDAY, APRIL 28TH | 11:15 am - 12 pm

## Healthy Aging

As you age, it's important to take time to evaluate your current health needs and prioritize self-care.

Join **DOUGLAS ELIASON, DO** from P3 Health Partners Oregon for an important talk on Healthy Aging. Get tips on diet and exercise, learn about recommended screenings and tests and find out which exams you need each year to stay healthy and meet our wellness goals.

**LUNCH WILL BE PROVIDED**

PRESENTED BY

**P3** Health Partners  
**Oregon**

People. Passion. Purpose.

**P3Oregon.org**

**JOIN US IN PERSON**

**AT THE ROSEBURG SENIOR CENTER**

For registration information, contact  
*Ruth Smith* at the Roseburg Senior Center at

**(541) 671-2634** or **daisiesrms@gmail.com**

**PLEASE RSVP BEFORE APRIL 24.**