



Please join the
Somerville Council on Aging
for our



**Health &
Wellness Fair**

**Thursday, October 15
9am-12pm**

**167 Holland St.
Somerville, MA**

Come learn how to live a healthy and active life!

The day includes:

- Guest speakers
- Hearing screenings
- Blood pressure screenings
- Reiki treatments
- Meditation and aromatherapy
- Healthy eating info
- Flu shot clinic
- Food samples
- Demos
- Raffles and giveaways

Breakfast, lunch and transportation will be provided.

You must RSVP at 617-625-6600 ext. 2300.