

Spring Lake Park - Blaine - Mounds View Fire Department
In cooperation with the cities of Blaine, Spring Lake Park & Mounds View presents the

2010 Senior Safety & Wellness Fair

featuring Keynote Speaker, Jeanne Rogers

Thursday, April 29, 2010



Jeanne is a motivational/inspirational speaker and an inspirational entertainer. Her varied background offers a wealth of experience and her passion for the future keeps her presentations filled with enthusiasm. Her motivation is:

**"While you have life...
live life."**

The 2010 Senior Safety and Wellness Fair features new speakers! There will be a variety of vendors and presenters along with a delicious chicken lunch. *See complete schedule on back page.* Don't miss this opportunity to learn! Pre-registration is required. Deadline for registration is 4/21/10 or when full. *Please note that the event may fill prior to registration deadline.*

WHEN: Thursday, April 29, 2010
TIME: 8:30 a.m. Check-in
9 a.m.-3 p.m. Safety & Wellness Fair
WHERE: Spring Lake Park/Blaine/Mounds View Fire Department
Fire Station 3, 11920 Ulysses Street, Blaine
(maps and directions provided)
FEE: \$10/person (includes admission to all sessions, keynote speakers, vendor exhibits, refreshments and lunch)

Please make checks payable to:
SBM Fire Department
and send registration form and check to:
SBM Fire Department, Attn: Connie Forster
11920 Ulysses St. N.E., Blaine, MN 55434.

For more information, please call 763-767-4003

2010 SENIOR SAFETY AND WELLNESS FAIR REGISTRATION FORM

Please put only one person per form

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

EMAIL ADDRESS _____

PHONE NO. _____ AMT. ENCLOSED \$ _____

Make checks payable to: **SBM Fire Department**
Send completed form and check to: **SBM Fire Department, Attn: Connie Forster**
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2010 Senior Safety & Wellness Fair

TENTATIVE SCHEDULE OF EVENTS

Check-in and Refreshments

Welcome from Assistant Fire Chief
Police Chiefs
City Officials

Keynote Speaker Jeanne Rogers "White Hair, Wit & Wisdom"

Refreshment Break

Lee Glamm, AAA - How to stay safe while traveling and keep your home safe while gone.

Todd Messer - What to expect when you call 911.

Dr. Jay Aust, Sound Point Audiology and Hearing

Lunch - Enjoy a delicious chicken lunch.

Wellness Screening and Information —

- Glucose and Cholesterol Testing - Unity and Mercy Hospitals
- Blood Pressure
- Eye Glass Adjustments - Blaine Eye Clinic
- Happy Feet Foot Care - screening and education
- Chiropractic Health

Informational Booths —

- 4 Day Medical Store
- Veterans Administration Outreach Program
- Liberty Oxygen
- Store to Door
- ACCAP
- MN State Services for the Blind
- Pharmacy Representative

Shayne Adair - Rev Up Your Brain

Refreshment Break

Breakout Sessions:

Cooking Safety and Fire Demo
University of Minnesota - Simply Good Eating

Final Remarks and Door Prize Drawings

