

Harpswell Aging at Home

Senior Health Fair



Friday, November 4
10 am – 1 pm

Harpswell Town Office
263 Mountain Road
(Entrance behind building)

FEATURING

10:30 am – “Con Artists Playbook” with Jane Margesson, AARP Maine Communications Director

11:30 am – “Nutrition for Seniors” with Alison Fernald, Registered Dietician

12:00 pm – “Finding Balance in Your Life: Fall Prevention and Balance Training” with Patrick Nelson, PT, SCS, CSCS. After this presentation, Patrick will be on hand at 12:30 to perform risk screenings.

PRESENTED BY



In Partnership with

Town of Harpswell	Spectrum Generations
Harpswell Fire Departments	CHANS
Habitat for Humanity 7 Rivers Maine	Bath Housing
People Plus	The Knit Wits
	The Vegetable Corner

OFFERING

- Blood Pressure & Blood Sugar Screening with Local EMTs
- FREE Flu Shots by CHANS
- Adaptive Equipment “Tool Table”
- Health Displays
- Educational Information
- Healthy Snacks

**NEED A RIDE? Call People Plus VTN 9am – 2pm,
Mon. – Thurs. at 729-0757**

**For more information on HAH, contact Jess Maurer
at 207-332-1640 or at hah.maine@gmail.com**