

senior marketing group

the lakeshore area

presents the

12th Annual Senior Community Day

Friday, June 2, 2017
Central Wesleyan Church
8:30 am - 2:00 pm

Vendors, Seminars and More!

Join us for this special day at Central Wesleyan Church, 446 W. 40th Street, Holland.

This FREE DAY will focus on products, services and education designed especially for seniors, caregivers and families.

Senior Community Day Schedule

8:30 am - 9:00 am	Registration
8:30 am - 1:30 pm	Visit Resource Booths
8:30 am - 1:30 pm	Health Screenings
11:00 am - 1:00 pm	Lunch Available
9:45 am - 10:30 am	Session 1
11:00 am - 11:45 am	Session 2
12:15 pm - 1:00 pm	Session 3
1:30 pm - 2:00 pm	Door Prizes

(must be present to win)

Free Health Screenings & Services

8:30 am - 1:30 pm. Visit as many as you like!

- Blood Pressure Screening
- Memory Quiz
- Digital Hairstyle Makeover
- Ottawa Co. VA Help
- Chair Massage
- Pelvic Health Q & A
- Hearing Aid Cleaning
- Spinal Screening
- Hearing Screenings
- Low Vision Adjustments
- Video Otoscopy
- 211 Information & Referral
- Balance & Gait Screening
- Connect with Herrick
- To Drive or Not To Drive
- Mini Manicure & Polish

Public Welcome Anytime and All Day!

Sponsored by:

hospice
of holland



The Insurance Group
Stacy Segrist Kamphuis | Doug Kamphuis



Central
WESLEYAN



Michigan's most trusted name in health care.

Senior Community Day - Friday, June 2 REGISTRATION FORM

There is no registration fee to attend.
Registration is only necessary
for lunch and to reserve your free seminars.
Please select one seminar from each time frame:

Session 1: 9:45 am – 10:30 am

- Gardening with No Space, Time or Energy - Jan Meeuwssen
- Retirement Spending Strategies - Koele Godfrey Investment Group
- Caregiving for Loved Ones with Dementia - Katie Corbett
- How & Why to Use Facebook & Instagram - Tim Haines

Session 2: 11:00 am – 11:45 am

- Spice Up Your Food Using Olive Oils & Vinegars - Fustini's
- Fun Things to Do in Holland - Sally Laukitis
- Can You Hear Me Now? - Dr. Peter Hoekman
- Mental Health: What it Means to be nice. - Jeff Elhart

Session 3: 12:15 pm – 1:00 pm

- Tips for Talking to Your Physician - Dr. Peter Christensen
- Fitness, Fitbits, Facilities & Fun - Stacy Segrist Kamphuis
- Phone, Door to Door & Computer Scams - Officer Dan Keuning
- Learn What's New at Your Public Library - Karen Goorhouse

- Please reserve ONE FREE LUNCH for me.
Lunch is served in the gym between 11:00am & 1:00pm

Name _____

Address _____

City _____ Zip _____

Phone _____

Email _____

Return this completed form by May 19, 2017

to Alliance Home Health Care Services, Inc.
529 East 16th St, Holland, MI 49423

or mail to Senior Marketing Group-The Lakeshore Area
PO Box 1344, Holland, MI 49422-1344

OR complete online at www.smglakeshore.com

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I grant full permission to use my likeness for marketing.