



2013

ACTIVE ADULT HEALTH AND WELLNESS FAIR

MAY 15 2013
9:30AM - 1:00PM
HISTORY SAN JOSE
CORNER OF SENTER AND PHELAN ROADS
PRE-REGISTRATION IS REQUIRED.

UNLEASH THE POWER OF YOUR AGE

with a mile long walk through beautiful Kelley Park, engage in fun fitness demonstrations at the Health Fair, gather invaluable resources from vendors, enjoy lunch and get the chance to win great door prizes.

Free parking for this event is provided in the dirt LOT 1 off Phelan Road. Disabled parking is available in the paved LOT 2, located off Senter Road.

In celebration of Older American's month, the City of San José's Parks, Recreation and Neighborhood Services is proud to announce the return of the Active Adult Health and Wellness Fair. Older Americans are productive, active and influential members of our society and should be recognized as such. This year's celebration encourages older Americans to stay engaged, active and involved in their own lives and in their communities.

For more information, please contact your local City of San José Senior Center or Molly Medeiros 408-535-3579 molly.medeiros@sanjoseca.gov



Approved for Posting by Acting Director of PRNS