



# SENIOR CONNECTION

## Health & Wellness Event

Saturday, April 11th

11:00 am – 2:00 pm

Mary C. Jenkins Community and Cultural Center

221 Mills Ave. Brevard, NC

*Join Us for an Afternoon of Health, Learning & Connection. Seniors, caregivers, and community members are invited to attend this FREE event focused on staying healthy and informed.*

 <b>FREE Health Screenings</b>	 <b>Helpful Information</b>	 <b>Wellness Activities</b>
Blood Pressure Checks	Understanding Your Insurance for 2026	How to manage your Stress
Blood Glucose Screenings		

***A light lunch will be provided, and don't forget to register for the door prizes!***

***For more information, please contact Karen Darity 828-216-6999.***

***Sponsored by:*** 

