

# SAVE THE DATES!!

## FREE! HEALTH, WELLNESS & SAFETY FAIR!

(Redford Aldersgate Campus)

SENIOR DAY FRIDAY OCTOBER 17th (9a-1p)

FAMILY DAY SATURDAY OCTOBER 18th

(10a-3p)

### Group Info- Sessions:

Affordable Care Act (ObamaCare)  
Understanding & Choosing the Right  
Medicare & Medicare Supplements  
Coverage  
Protecting Your Money with Long Term  
Care Insurance



→ DIABETIC?? GET FITTED FOR DIABETIC SHOES COVERED BY MEDICARE!!

### Garden City Hosp. Health Mobile

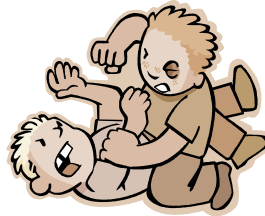


- BIBLICAL COOKING DEMONSTRATIONS
- SENIOR FITNESS SESSIONS (walking or wheelchair!)
- FAMILY FITNESS WITH THE YMCA
- DENTAL CLEANING-children free w/Medicaid(\$30 all others)
- SENIOR HOUSING OPTIONS
- MENTAL HEALTH PROFESSIONALS

GROUP SESSION TO HELP YOU LEARN MORE ABOUT YOUR TABLET, I-PHONE OR SMART PHONE

Alzheimer's  
Dementia  
Birth Abnormalities  
Bullying  
Substance Abuse  
Aging Parents or Loved Ones  
Affordable Day Care  
Diabetes /Kidney Issues

If you or anyone you know need information on coping with any of these issues.....this Health, Wellness & Safety Fair should not be missed!!!



We are actively seeking volunteers for registration tables on Saturday, 10/18!

CONTACT RAUMC@ 313-937-3170 OR KIMBERLYN DAVIS: [kimberlyn.dvs@gmail.com](mailto:kimberlyn.dvs@gmail.com) or 248-413-9513