

2nd Annual Senior Wellness Fair

El Dorado Community Center

October 28th 7:00-9:30 a.m.



Information:

- FREE wellness screening to Seniors 60 & Over who are enrolled in the Exercise Program at the Community Center
- Must be a resident of Cedar County
- Anyone not enrolled will have a Co-pay for the lipid profile, PSA and Bone Density Tests
- However, you can enroll at no cost in the Senior Exercise Program sponsored by the Cedar County Tax Board the morning of the Wellness Fair and receive FREE screenings

Services Offered:

- Lipid Profile (cholesterol, and triglycerides)
- PSA screening
- Bone Density Tests
- Body Mass Index Information
- Balance
- Oxygen and Blood Pressure Checks
- Information on Advanced Directives

----Get out and take advantage of the services offered for FREE to stay on top of your health care needs. The Wellness Fair is sponsored by the Cedar County Tax Board, City of El Dorado Springs, Cedar County Health Department, Cedar County Memorial Hospital, Sac Osage Home Health and El Dorado Springs Senior Center.