

The Art OF AGING

Recreational Activities

Health Services

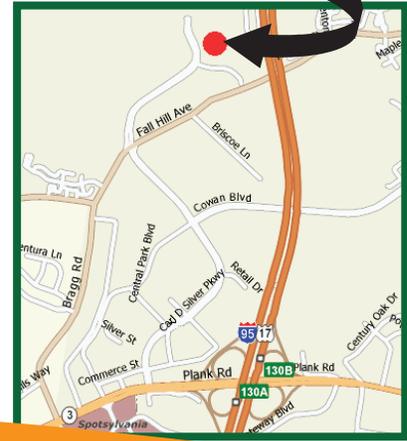
Educational Workshops

Life Begins at 50

Wednesday, June 8, 2016

10 am - 2 pm

Join us at the
Fredericksburg Expo Center
(behind Wegmans)



Free and Open to all!
DOOR PRIZES

Over 100 Area Organizations & Businesses, providing information about Health & Community Services. Assistive Listening & ASL Interpreters will be on site. Health Screenings include fall risk, vision & hearing, diabetes, blood glucose & pressure checks, body mass, and bone density. Line Dancing & Jazzercise demos, Wegmans Cooking demos, 14 Short Courses – and much more! Come experience what makes the Fredericksburg region so fabulous for the 50+ community!

Sponsored By:



Mary Washington Healthcare

Here for you. Always.

THE CROSSINGS
AT FALLS RUN

CHANCELLOR'S VILLAGE
A Senior Lifestyle Community

Poet's Walk
A Memory Care Community
Specializing in Alzheimer's & Dementia Care

GREENFIELD
SENIOR LIVING
CARING FOR THOSE WHO CARED FOR US

AmeriHealth
Caritas
Care is the heart of our work

95.9
WGRQ

AARP
Virginia

Caring Transitions
Senior Relocation • Downsizing • Estate Sales



Comfort Keepers
a sodexo brand

Home Instead
SENIOR CARE

Hughes Home
Assisted Living & Adult Day



Right at Home
In Home Care & Assistance

alzheimer's association
THE BRAINS BEHIND SAVING YOURS™

AARP
Fredericksburg Chapter #3396



Bowling Green Health & Rehabilitation Center
A MEDICAL FACILITY OF SENIOR HEALTH & REHABILITATION CENTER

BrightStar Care
HOME CARE | MEDICAL STAFFING
A Higher Standard



ClearCaptions
Get the whole conversation.

HEARTFIELDS
ASSISTED LIVING AT FREDERICKSBURG

oasis
SENIOR ADVISORS.

Pro-Healthcare
SERVICING LLC
A Home Healthcare Agency

SCOTT
INSURANCE & FINANCIAL SERVICES



SPRING ARBOR
Spring Arbor of Fredericksburg

Virginia Relay
You Are Always Connected
Providing Accessible Telecommunications Since 1992

VA HealthScan
In partnership with
Radiologic Associates of Fredericksburg

Central Rappahannock
Regional Library



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