



Healthy Living Day

Friday, September 28, 2012, 10am – 2pm

Guest Speakers:

Presented in the VITAS Auditorium and Conference Center at One Senior Place



10:30am Active Coping: Concrete techniques to cope with adversities and stress presented by Dr. Rosenberg, Psy. D.

12:00pm Senior Foot Care and Your Health presented by Dr. Zasada, MD

1:00pm Staying Active as You Age presented by Lilian Alevato, Director of Disease Management

Free Screenings:

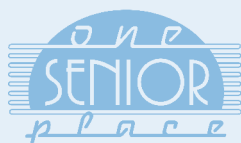
Sponsored by Family Physicians Group

- Blood Pressure
- Pulse Oximetry
- Glucose Testing
- Balance Screenings
- Spine Checkups and Massages by Total Health Chiropractic Solutions
- Free Hearing Tests by Bonnie Hearing
- Foot Screenings by Dr. Zasada, MD from 10am – 11:30am
- Flu Shots by Walgreens. Medicare and most Insurances accepted.

FREE Valet Parking • Door Prizes • Refreshments



Thank You to Our Sponsors:



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One Senior Place...

Square One for Seniors across Central Florida

What is One Senior Place?



One Senior Place is a comprehensive one-stop resource with access to information, advice, care and services for seniors. Not only are a variety of businesses available in one location, but educational seminars and fun events are conducted, and our Senior Resource Library is available to help you find what you are looking for.

We invite seniors and interested family members to take advantage of free consultation process that helps connect you to the right service or product for your individual needs. Call today and schedule your free consultation!

Our Altamonte location serves Greater Orlando at 715 Douglas Avenue, Altamonte Springs and can be reached by phone at **407.949.6733**.

Join us for our
FREE
Healthy Living Day
event!
See other side
for details.



Call today for more information!

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